ISSUE
30 JUNE – JULY 2010

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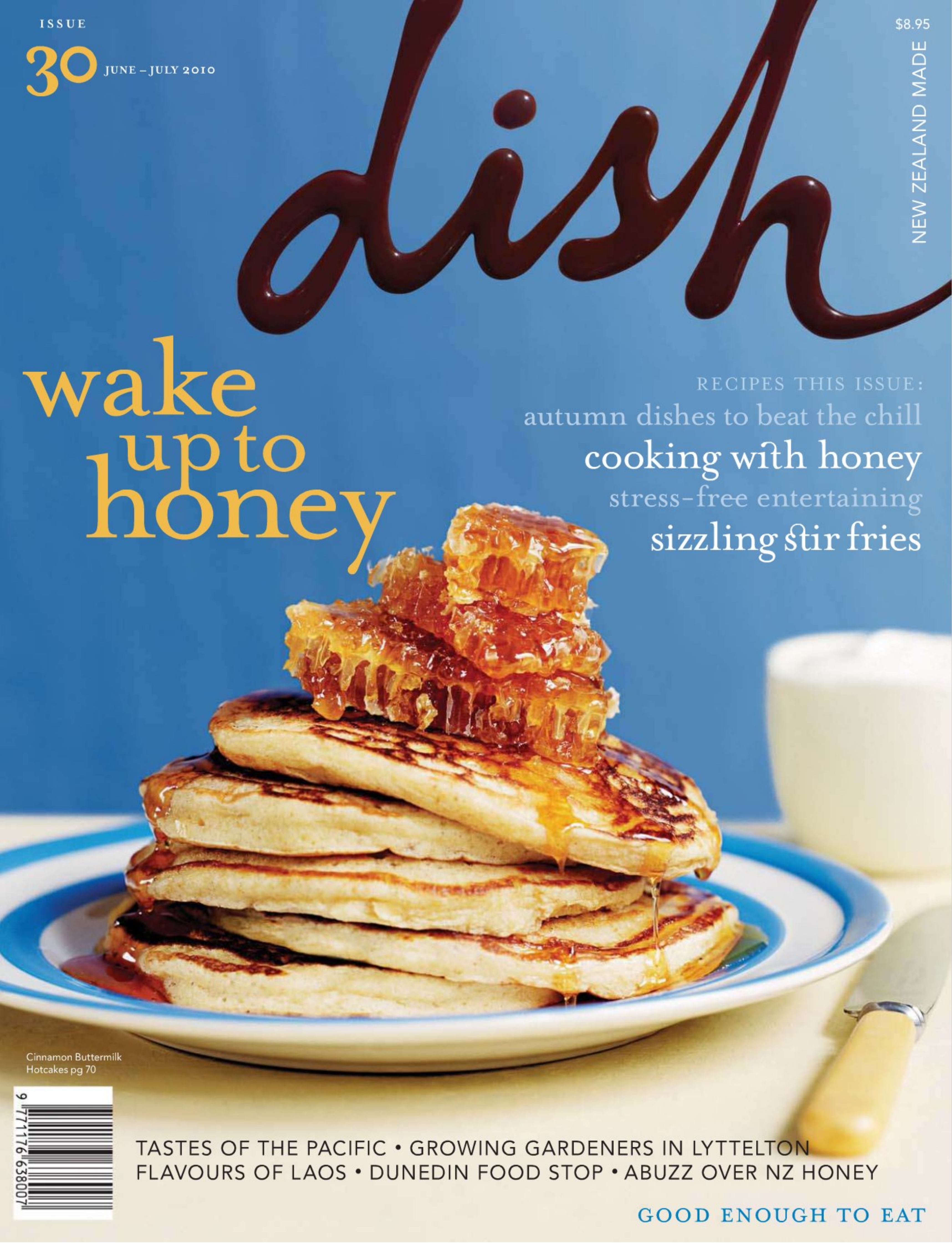

wake up to honey

RECIPES THIS ISSUE:

autumn dishes to beat the chill

cooking with honey

stress-free entertaining

sizzling stir fries

Cinnamon Buttermilk Hotcakes pg 70

TASTES OF THE PACIFIC • GROWING GARDENERS IN LYTTELTON
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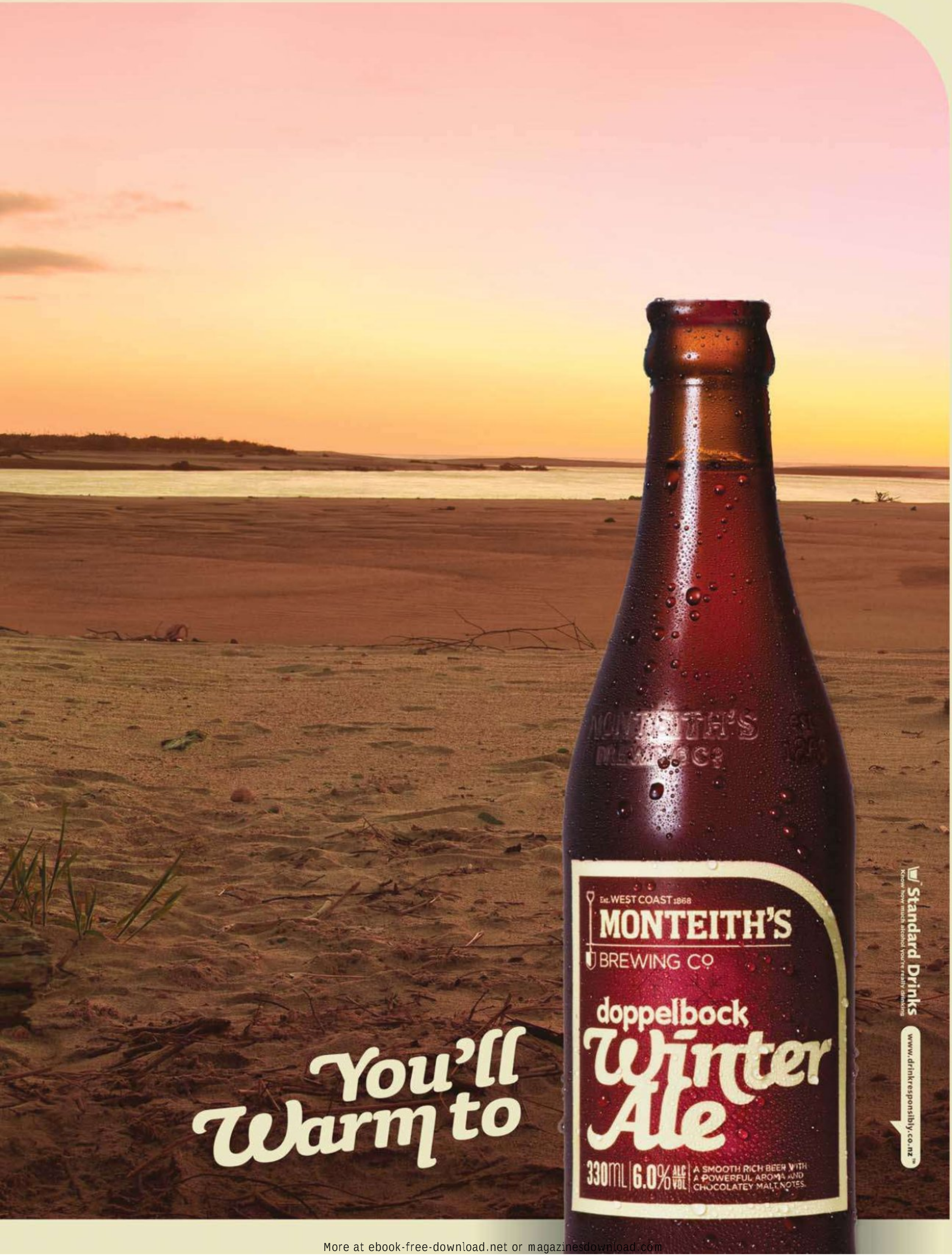

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Photo by Nick Tresidder

from the editor

"The upside of this sudden arrival of autumn is that there's a whole new range of ingredients tempting you into the kitchen..."

This is a time of year when you can really feel the seasons change. One minute you're swamped with stone fruit and almost ready to admit you're tired of corn on the cob, and then it seems virtually overnight the trees drop their leaves all over the back deck and you're toying with the idea of adding another blanket to the bed.

The upside of this sudden arrival of autumn is that there's a whole new range of ingredients tempting you into the kitchen – among them, apples, nuts and honey, which all come into their own at this time of year.

In this issue we take a close look at honey: Food Editor Claire Aldous has a range of sweet and savoury dishes with the delicious, sticky sweet treat. Sarah La Touche looks at the wide variety of honeys available and how best to cook with them and Melinda Williams meets honey producers around the country.

Claire also has menus with handy "do-ahead" elements so you can enjoy entertaining without the stress, as well as stir fries and our regular Easy Everyday recipes for simple meal solutions.

I'd also like to welcome new Contributing Food Editor, Pippa Cuthbert, who has created a range of beautiful autumnal dishes using the best the harvest has to offer.

While we welcome autumn with open arms, one place where the seasons are a little more difficult to discern is the Pacific Islands. I met chef Robert Oliver who has just released his new cookbook, *Me'a Kai*, which celebrates the food of the Pacific region. It's a fascinating glimpse into a rich food culture and, he hopes, the first step towards greater recognition of Pacific Island cuisine. See pg 44 for more on *Me'a Kai* and recipe extracts.

We also meet a group of community gardeners in Lyttelton, where a gardening project aims to get locals growing their own vegetables, and we showcase the fabulous Tomato Feast which chef and Dish columnist Jonny Schwass held recently in his restaurant's kitchen garden.

We have the new season wrapped up – I hope you enjoy the issue.

Victoria.

Victoria Wells – Editor

victoria@dish.co.nz

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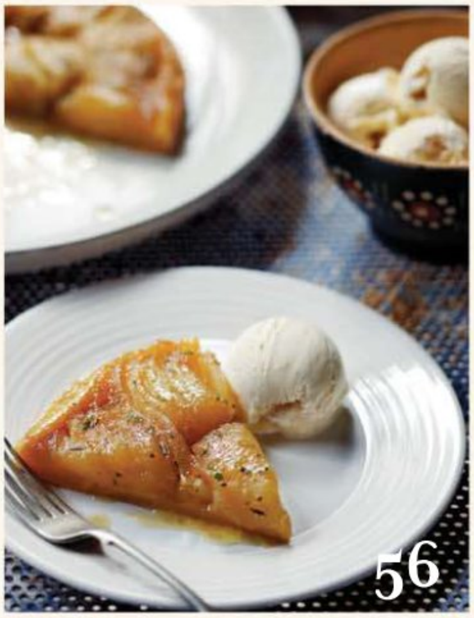

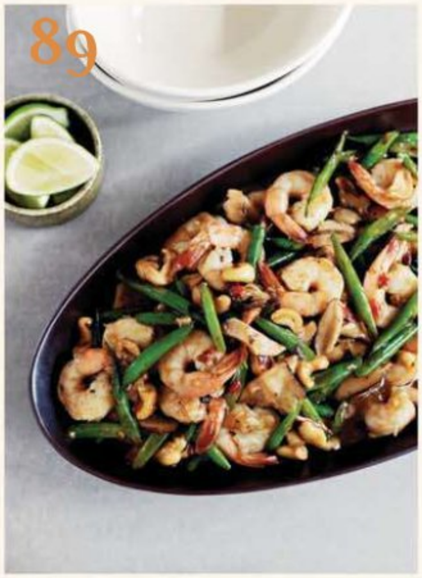

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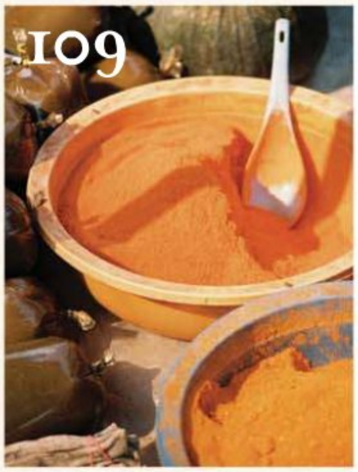

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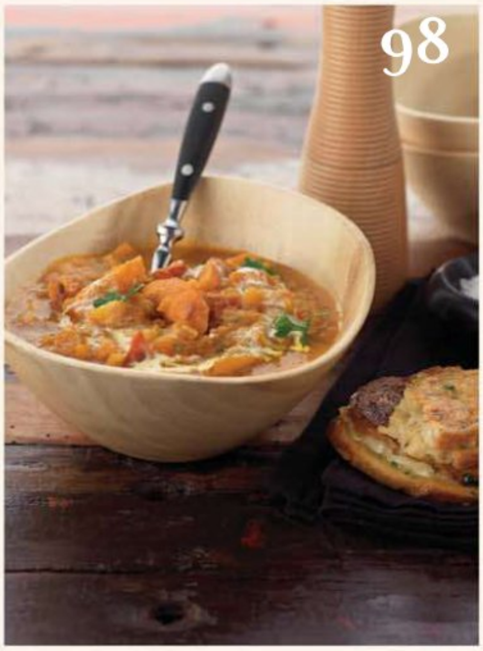

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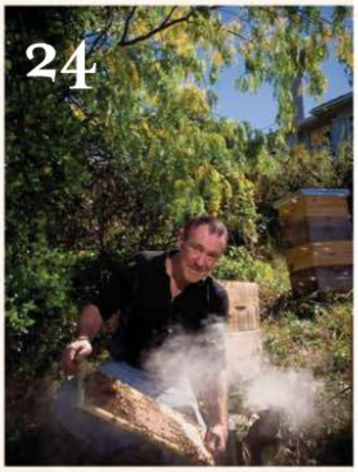

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letters

Give us your views – we look forward to hearing from you…

I confess that I am a coward in the kitchen. I haven't even roasted a chicken without direct supervision. But your magazine lured me, it called to me from the stand at the supermarket checkout.

Issue 29 stopped me dead in my tracks – it dazzled me with its magnificent cover photo. This image alone sent my taste buds into a frenzy and I rightfully declared "Bugger the budget!" (quietly to myself, so as to not look mad) and treated myself to a copy. And now I am too inspired not to cook.

I have been filled with confidence at the simplicity of the recipes and I am excitedly putting together tonight's meal. Thank you so much, I'll be a Goddess in the kitchen yet!

Bronwen Parry, Auckland

• Congratulations to Bronwen, the winning letter this issue. She receives the fabulous Esther Diamond gift set of napkins and an apron.

With eager anticipation I opened the April-May Dish magazine and leafed through to the 'Frozen perfection' article. Horrors! Nothing on Charlies Gelato Garden in Matakana. Charlie and Heather make the most amazing gelato and sorbetto, after intensive research and visits to Italy.

Every summer, their car park is packed with eager people wanting to purchase their products. My son complained because a little old lady snuck the last car park from under his nose and he had to wait for someone to leave in order to park.

May I suggest this be included in your next round of people providing truly excellent products to a more discerning Kiwi palate. You missed out on including the best I have ever sampled. That apart, I am enjoying this issue a lot, being a confirmed Italian eater, much to my waistline's detriment.

Judy Dransfield – via email

• It was a difficult job narrowing down who to include in the gelato story and unfortunately there were several businesses (including Charlies) that we simply weren't able to fit in. We agree their gelato is fabulous too! – Ed.

In 2008 I had a year's subscription to Dish, courtesy of my son and his lovely partner who gave it to me for Christmas. When the sub ended I never got around to renewing it and now suddenly it's 2010.

Today I bought issue 29 at the supermarket and am entranced all over again. It's the photos that have me salivating, so I want to pay tribute to the photographers and probably the food stylists – I just want to pick up one of those gorgeous salty capers and pop it into my mouth! Well done team, I have some new recipes to try out over the Easter break.

Linda Waters – via email

This is an "I remember when" letter, I just had to write. Years ago there was a great Italian restaurant on Auckland's Karangahape Road and my girlfriend at the time and I used to eat there regularly.

To really impress her one day I asked the owner if he would share his recipe for Pork Marsala, which he kindly did. With great efforts on my part in the kitchen, I produced this wonderful recipe many times early in our relationship. As time moved on I lost the recipe, but did gain a wonderful wife and two beautiful children.

So when my wife opened her new Dish magazine, squealed with delight reading the recipe the other day and showed me, we both had a good laugh. Twenty-five years on it still tastes great, but this time we both shared the kitchen! I thank you and your team for the wonderful and easy recipe of Pork Scaloppini with Mushrooms and Marsala.

Mark Paterson, via email

Write to us and win!

The winning letter next issue will receive the fantastic Jamie Oliver Shark's Tooth Grill. The cast aluminium grill is incredibly tough and hard-wearing and features a stay-cool riveted stainless steel handle.

Write to us at: Dish, PO Box 78070, Grey Lynn, Auckland 1245. Or email info@dish.co.nz Letters may be abridged for publication. Don't forget to include a postal address.

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side dishes

What's new, news and necessary for your kitchen...

Delicious homewares

Hang on to the feeling of summer with the cosy homeware range by New Zealand designer Ruth Sumner. The goose down filled cushions are made with pure New Zealand wool and 'upcycled' wool blankets and feature the tag lines 'Black Doris Plums for Jam', 'Golden Queen Peaches', 'Cherries For $6 Kilo' and ' Feijoas $2 Bag'. Or commission Ruth to create an heirloom quilt, such as the one shown, featuring a recipe for Lemon Delicious. Guaranteed sweet dreams. Available online at cleverbastards.co.nz

Going bananas for Fairtrade

Fairtrade bananas are gaining traction in New Zealand with a major push underway to secure continuous supply for consumers here. Company All Good is aiming to sell 100,000 bunches, putting them in a position to order their next shipment from a cooperative in Ecuador, which represents growers from nearly 350 family farms.

They are the only Fairtrade bananas in New Zealand and are currently sold plastic wrapped, as only the major supplier can sell their bananas unwrapped. However, All Good spokesman Chris Morrison says they're hoping to get enough demand to be able to drop the wrapping. The Faitrade premium on the bananas means farmers in the cooperative get a fair price for their product and access to community initiatives such as free medical care and schools.

All Good Fairtrade Bananas are stocked in Foodstuffs stores north of Taupo, including Pak'n Save, New World and Four Square supermarkets, and other independent fruit and vege stores. Trials are also underway in Wellington, Nelson, Christchurch, Queenstown and Dunedin. For stockists visit online at allgoodbananas.co.nz

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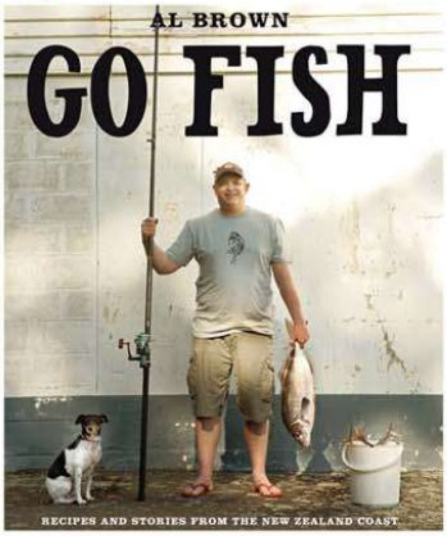
Simply Japanese

The beautiful Wasara range of Japanese designed eco-tableware feels like hand-made paper, but is remarkably resilient when used with liquid and/or food. Made from 'begasse', (the waste left once sugar cane has been pressed), bamboo, other reeds and water, this is the ultimate single-use product that can be returned to the earth after use without harming the environment. Organic shapes and delicate textures make this the most stylish product of its type around. It's currently available to New Zealand caterers and restaurants, with a retail range available later in the year. Contact Epicure Trading on 09 377 8925.

Critics hooked by Go Fish



Chef Al Brown has beaten authors from around the world to win a major book award from the International Association of Culinary Professionals (IACP).

His book *Go Fish* focuses on how to prepare and cook seafood, and won the Single Subject category in the IACP Annual Cookbook Awards, which are regarded as the world's most prestigious and competitive awards for cook book publishing.

Go Fish was one of 18 winners selected from more than 500 entries. The Single Subject category involves cookbooks which focus on specific foods, cooking methods, techniques or appliances and requires recipe testing and evaluation by the judges.

The book has sold more than 16,000 copies since its release last October and is on its fifth reprint.

Take Sanctuary

Mead may conjure visions of grand castles and medieval maidens, but Paul Berry of Sanctuary Honey in the Coromandel reckons his version, aptly dubbed 'Sting' is a tipple for the modern table. Made with active manuka honey gathered from the Whenuakite Valley and local spring water, 'Sting' is a rich, dessert-style wine with a deep golden colour and notes of nuts and caramel. The Sanctuary range of organic honey also includes manuka blend and 'Auckland Summer Gold' from honey gathered in the suburb of Ponsonby. For stockist details phone 021 467 756.

Auckland coffee house c. 1950's

Kai to pie

A celebration of Auckland's food history will be running at Auckland Museum from June 12th. 'Kai to Pie' is an exhibition which will examine how the region has fed its inhabitants, how eating in Auckland has changed with an expansion of food styles and choices, and how we must think about how to feed ourselves in the future. The White Lady pie cart, milk in schools and the rapid growth of café culture are all reflected in the free exhibition in the Special Exhibitions Hall. For details visit online at aucklandmuseum.com

Compiled by Victoria Wells

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Best blend found!

New Zealand's own Breakfast blend of Twinings tea has been found – and it's a South Island tea drinker who created the winning mix. Andrew Fenemor from Nelson has been announced as the winner of the nationwide Twinings New Zealand Breakfast Tea Challenge. More than 250 entrants created their own blends of tea using the Twinings range as a base, and then submitted those blends for judging by a panel which included 10th generation Twining, Stephen Twining, and New Zealand Master Tea Taster and Blender, Matt Greenwood. The blend had to capture the essence of "the perfect New Zealand Breakfast" and Andrew says he's delighted with his win. "I wanted to create a blend that could be enjoyed throughout the day, but especially at breakfast and therefore it needed to have some smokiness, a little bitterness and tannin to create what I believe is the perfect balance – I am just thrilled Twinings agrees with me." Andrew will head to London to visit Twinings HQ, where his blend will be fine-tuned before it goes on sale in New Zealand in spring.

New look at Dallow's

Inner-city Auckland venue Sale St has added another string to its bow with the launch of Dallow's, a new restaurant within the existing bar. The intimate space is focused on dining with the kitchen headed by chef Nick Honeyman. The small menu changes daily with five entrées and five mains. Owner Luke Dallow has also branched out into radio with the brand new Ponsonby FM (107.7FM) broadcasting from the top floor of his bar Chapel on nearby Ponsonby Rd.

French flair for butchery

Frenchman Christian Ben Hassan has opened a dedicated retail store for his specialty meats. His charcuterie has been selling through stores such as Jones the Grocer and Sabato, and now has its own flagship outlet on Ayr St in Auckland's Parnell. The French Butcher offers his range of meat cuts and traditional French smallgoods, as well as coffee, bread, pastries and pre-prepared meals. The French Butcher is at 1 Ayr St, Parnell. Phone 09 358 2363 or visit online at thefrenchbutcher.co.nz

A stout contender

Fans of Epic take note: there's a new addition to the Epic family at a store near you. The Epic Thornbridge Stout is a collaboration between Epic brewer Luke Nicholas, and fellow brewer (and ex-pat Kiwi) Kelly Ryan of UK brewery Thornbridge. Luke says after creating pale ales and lagers, stout was a natural progression. "When I wasn't drinking my own beers I found I was always buying other people's Porters and stouts, so I've made it for me." Epic Thornbridge Stout will be available in 500ml bottles at craft beer outlets and selected supermarkets and bottle stores.

Correction In issue #29 of Dish an incorrect distributor was given for Marca Trevigiana La Gioiosa Prosecco on pg 83. The correct distributor is Delmaine, on 0800 424 742 or online at delmaine.com. We apologise for any confusion resulting from the error.

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Easy icing

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Vicar's Vice

Rotorua craft brewery Croucher Brewing is rolling out its latest offering to craft beer outlets around the country: Vicar's Vice is a Belgian Strong Ale and Croucher's Nigel Gregory says the zest of oranges, lemons, tangelos and grapefruit combine with crushed coriander seeds to give a lifted spicy, citrusy flavour to the beer. Vicar's Vice is available on tap, or in bottle at selected outlets. Visit online at croucherbrewing.co.nz.

Subscription winners

Congratulations to the winners of our most recent subscriber prize draws. M Kuunders of Pukekohe won the fantastic De'Longhi De'Luxe Lifestyle Barbecue and dual wine cabinet from issue #27, while K. Paton of Waitakere, J Booth of Alexandra, P. Cain of Wellington, R. Danks of Napier, and C. Ackroyd of Rangiora each won an $1100 voucher from Freedom in issue #28. All new and existing subscribers are entered into each issue's prize draw. See page 120 for details.

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Photo by Ditte Isager

New winner in World's Best

Copenhagen restaurant Noma has taken the top spot in the search for the World's Best Restaurant, ending Spanish restaurant El Bulli's four year run as number one.

The San Pellegrino World's 50 Best Restaurants were announced in London in late April and are based on the opinions of a voting panel of nearly 800 chefs, restaurateurs, food journalists and gourmands from around the world.

The 2010 results saw Noma climb two places to number one; a huge achievement for its co-owner and head chef, 32 year old Rene Redzepi (see interview in Dish issue #28). Noma has built a reputation for its championing of Nordic cuisine and use of local ingredients.

El Bulli, helmed by chef Ferran Adrià, had been number one for four consecutive years and the drop to number two comes just two months after Ferran announced he would be closing for two years from 2012. He plans to set up a "think tank" and establish a new direction for his restaurant on the Costa Brava, with its re-opening scheduled for 2014.

In recognition of his achievements Ferran Adrià was presented with *Restaurant Magazine's* inaugural award for 'Chef of the Decade'. Heston Blumenthal's restaurant, The Fat Duck, was also given The Chef's Choice Award.

Australian restaurants performed well in the list with Sydney restaurant Quay ranking 27th (and also receiving the award for Best Restaurant in Australasia), Tetsuya's was 38th while Marque took 67th place and the Restaurant Breakthrough Award. Melbourne restaurant Attica, run by Kiwi chef Ben Shewry, came in at number 73. To see the full list visit online at theworlds50best.com

The top 5 are:

1) Noma – Denmark
2) El Bulli – Spain
3) The Fat Duck – UK
4) El Celler de Can Roca – Spain
5) Mugaritz – Spain

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Lamb Casserole – Persian Style

Fragrant spices and the fruity flavours of apricots and pomegranate add a hint of the exotic to this easy lamb casserole.

Prep 25 minutes
Cook 60 minutes
Serves 6-8

1.2 kg lamb shoulder cut into 4 cm chunks, excess fat removed
2 tbsp oil
2 medium onions, finely diced
1 tsp turmeric
2 tsp ground cumin
1 tsp ground cinnamon
1 tsp ground ginger
4 cardamom pods, roughly crushed to break the skin
2 tbsp tomato paste
2 tsp pomegranate molasses
500g ***Essential Cuisine Lamb Stock*** *(2x250g sachets)*
salt and pepper, to taste
1 cup dried apricots, halved
2 tbsp each fresh mint leaves and chopped pistachio nuts, to garnish

Heat 1 tbsp of the oil in a large heavy saucepan. Season the meat and quickly brown over high heat in batches. Transfer to a platter as it browns and put to one side.

Add remaining oil then add onions to the pot, stirring over medium high heat until lightly browned. Add spices, tomato paste and pomegranate molasses and stir over the heat for a further minute.

Mix in the ***Essential Cuisine Lamb Stock***, stirring to lift all the pan brownings. Season to taste. Return the meat to the pot along with the dried apricot halves.

Cover and simmer gently for 40-45 minutes or until meat is very tender.

Serve garnished with 2 tbsp of torn mint leaves and 2 tbsp of chopped pistachio nuts. Accompany with rice and roast pumpkin wedges.

Recipe by Annabel Langbein

Look for us in the cold shelf or butchery department in leading supermarkets and fine food outlets or go to ***www.essentialcuisine.co.nz***

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books

Reviewed by Lisa Morton and Victoria Wells

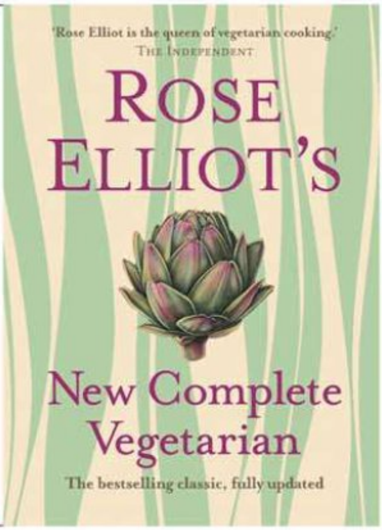
All the books featured here are available from Cook the Books.

New Complete Vegetarian

By Rose Elliot

This is an updated edition of Rose Elliot's classic vegetarian cookbook, originally released in 1985. Packed full of recipes, both vegetarian and vegan, it includes old favourites as well as many new additions. Beautifully presented, it would be a welcome addition to the bookshelves of vegetarians or those who are looking to cook with less meat.

HarperCollins – RRP$ 69.99 (hb)

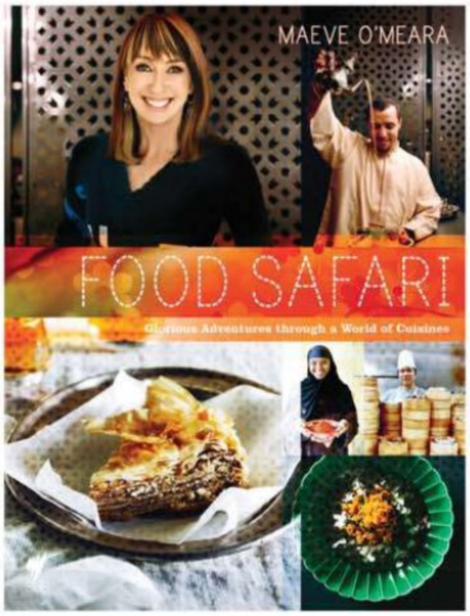


Jamie Does...

By Jamie Oliver

This latest book from Jamie Oliver is like flicking through someone's holiday photos and finding great recipes scattered throughout. Classic dishes of Spain, Italy, Morocco, Greece, France and Sweden all get a look in, in this collection inspired by Jamie's travels. It's everything Jamie fans love – approachable recipes and beautiful photographs that capture a region's distinctive produce and people. The book will also have an accompanying television series (yet to be scheduled for New Zealand).

Penguin Group (NZ) – RRP$75 (hb)



Food Safari

By Maeve O'Meara

As an introduction to the basics of international cuisine, *Food Safari* is a great place to start. Each chapter examines the food traditions of a different country and explores a selection of distinctive ingredients and traditional recipes. The book accompanies the Australian television series of the same name, where Maeve O'Meara is invited into kitchens across the country to discover the multitude of cuisines that now reside there.

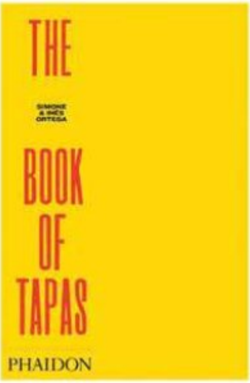
Hardie Grant – RRP$55 (hb)

The Book of Tapas

By Simone and Inés Ortega

Tapas have become a common sight on many menus around the world, thanks to the surging popularity of Spanish food. However, their true essence has become a little diluted with sometimes anything smaller than an entrée being dubbed a 'tapa'. Now, the true tapas of Spain are gathered in this book which presents more than 250 of the simplest and most authentic tapas recipes, divided into vegetables; egg and cheese; fish; and meat. There is a glossary of tapas (so you can recognize your 'bouqerones' from your 'butifarra') and an illustrated A-Z of Spanish ingredients. The recipes are laid out clearly and the index handily references both English and Spanish names of dishes. A must for any fan of Spanish food.

Phaidon – RRP$65 (hb)



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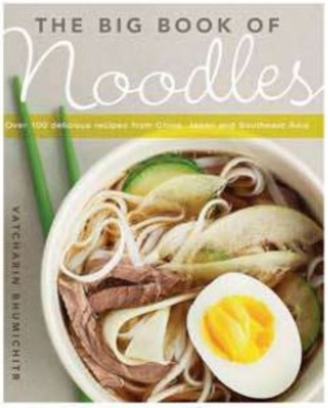


The Big Book of Noodles

By Vatcharin Bhumichitr

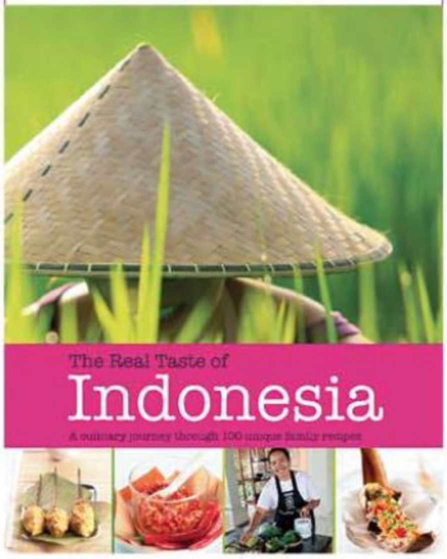
Thai chef and restaurateur, Vatcharin Bhumichitr, presents noodle recipes from China, Japan and Southeast Asia, illustrating the diverse range of noodles available and the wide selection of dishes based around this staple ingredient. He looks at their origins, types, regional specialties and cooking techniques with recipes encompassing soups, fried noodle dishes, stir fries, salads and more.

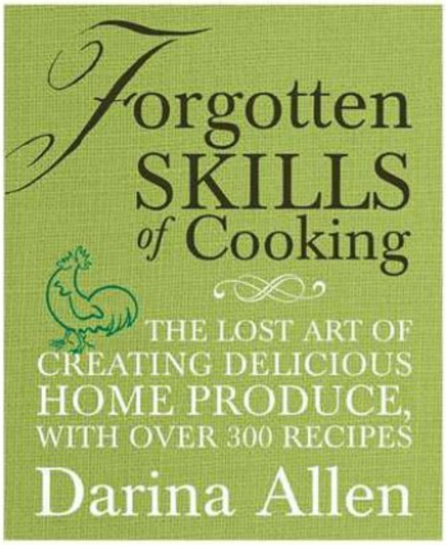
New Holland – RRP$59.99 (pb)

The Real Taste of Indonesia – a culinary journey

This collection of authentic Indonesian family recipes ranges from dishes shared on the table every day to those for special celebrations. It begins with an overview of Indonesian food (which can be notoriously difficult to define given the diversity of the country's thousands of islands and influences from China, the Middle East, India and Europe over the centuries) by focusing on the flavours and cooking styles. Recipes are approachable and laid out clearly, accompanied by beautiful photography.

Hardie Grant – RRP$45 (pb)





Forgotten Skills of Cooking

By Darina Allen

The art of foraging is experiencing a revival and a leader of this trend is Ireland's Darina Allen, who started the Forgotten Skills courses at her Ballymaloe Cookery School to pass on the art of identifying and cooking with wild foods. This comprehensive book inspires readers to reconnect with these and other traditional skills, which are fast being forgotten. It covers a wide variety of topics and recipes from preserving fruits, smoking and curing meats to making butter, along with practical advice on how to grow vegetables, raise chickens and even the best way to skin a rabbit.

New Holland – RRP$79.99 (hb)

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what's on

A listing of major food and wine events

MAY

2010 Gamebird Food Festival
Now to June 27th
Nationwide
Celebrate the gamebird hunting season by taking your gamebird catch into one of the participating festival restaurants and have it prepared by a professional chef for you to enjoy. For details visit online at gamebirdfoodfestival.co.nz

JUNE

Manawatu Wine & Food Festival
Saturday 12th – Sunday 13th
Sample the best from Manawatu's wineries and boutique food producers, and enjoy cooking demonstrations too, all with a view of the region's stunning wind farms. To be held at the Awapuni Racing & Function Centre, Racecourse Road in Palmerston North.

Hot Red Hawke's Bay Wine Expo
Tuesday 15th – Thursday 17th
(Christchurch, Wellington, Auckland)
A chance to sample the best red wines Hawke's Bay has to offer and chat to the winemakers behind the labels. Limited tickets in each city. Book through Ticketek.

JULY

Josh Emmett & Blair Walter
Cape Kidnappers, Hawke's Bay
Saturday 24th
Head chef of Gordon Ramsay's new Melbourne restaurant Maze, Josh Emett, teams with Felton Road Wines' Blair Walter for an indulgent dinner matched with prestige wines at the spectacular Cape Kidnappers. For details contact Cape Kidnappers on 06 875 1900.

Hilton Brisbane Masterclass Weekend
Saturday 24th – Sunday 25th
A weekend of cooking demonstrations and classes with international master chefs and winemakers at The Hilton Brisbane. For details visit online at qldmasterclass.com

Auckland Food Show
Thursday 29th – Sunday 1st August
Sample food and wine, browse the latest culinary products and enjoy cooking demonstrations from renowned chefs, all under one roof at the ASB Showgrounds. For ticket info visit online at foodshow.co.nz

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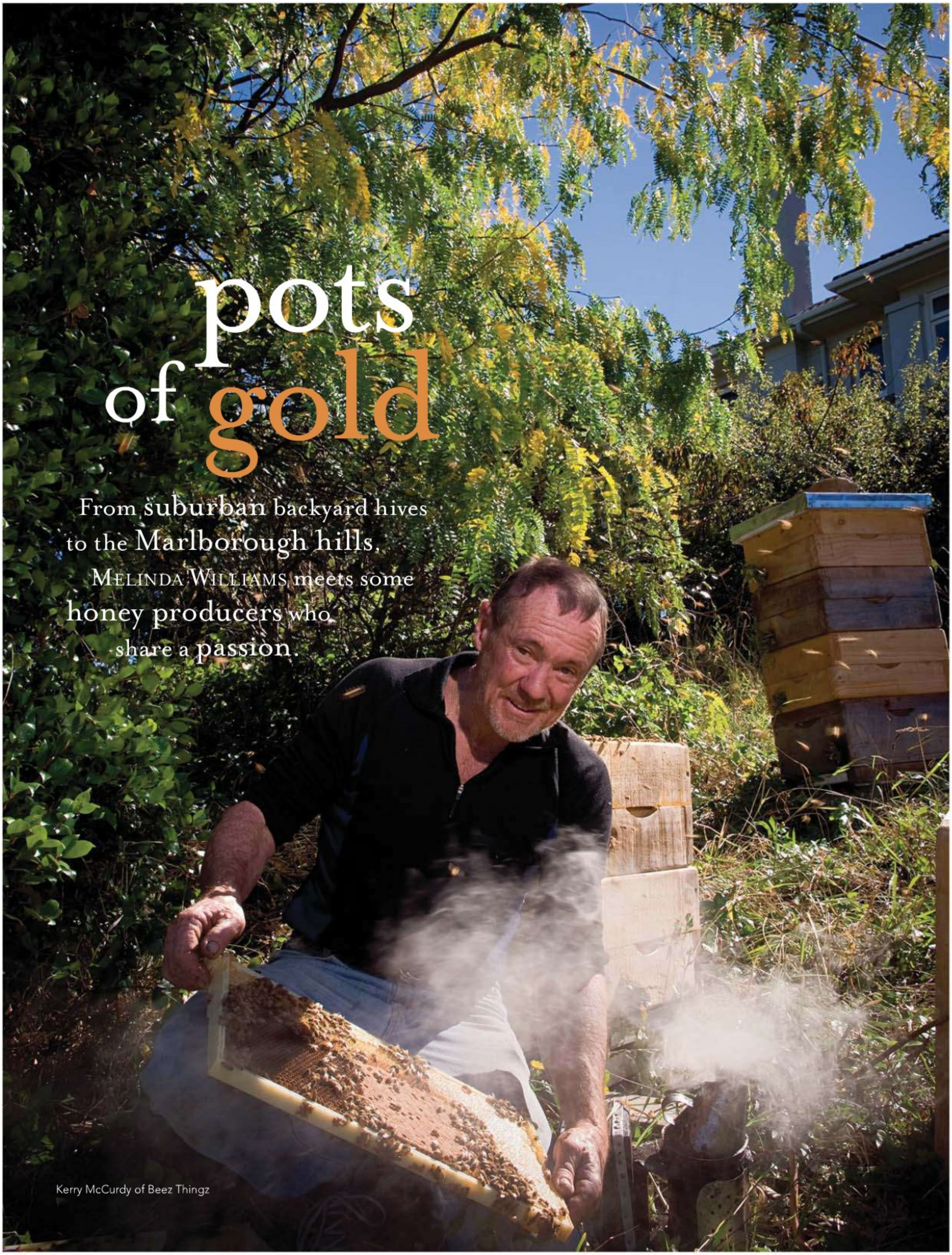
pots of gold

From suburban backyard hives to the Marlborough hills, MELINDA WILLIAMS meets some honey producers who share a passion.



Kerry McCurdy of Beez Thingz

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To peek inside a beehive is to see a most mysterious kind of alchemy at work. From the architectural precision of the honeycomb construction to the complex system of gathering, information sharing, pollen and nectar conversion, defence and baby-rearing that the bees go about with single-minded purpose, the creation of honey is a fascinating process that borders on the magical.

Honey has been a staple of the human diet for over 10,000 years. A Mesolithic cave painting in Spain showing two women collecting wild honey is the earliest confirmation of human consumption, though evidence abounds that the sweet substance was revered by many ancient cultures, including the Greeks, Romans, Egyptians and Maya. As well as use in cooking, honey was a feature of many healing and religious traditions, and was even used as an embalming fluid, thanks to its incredible resistance to spoilage. King Tutankhamun's tomb is said to have contained jars of honey that were still edible when opened 3000 years after being sealed.

As a health food, honey has been used as a cure for everything from sore throats and allergies to burns, morning sickness and hangovers. It's at the heart of hundreds of proverbs, a common term of endearment, and can be used to create the alcoholic beverage mead. Plus, there's nothing more delicious drizzled over hot crumpets in the morning. Is there anything that qualifies better as a miracle food?

In New Zealand, honey has been gathered for around 160 years, starting out as a home craft and gradually developing into an important industry. Today, there are more than 2600 beekeepers (apiarists) in the country, who own over 313,000 hives between them, producing close to a million tonnes of honey a year. As well as collecting honey for local and international sale, beekeepers also provide pollination services to some of our key agricultural industries, in particular kiwifruit, and breed bees for live export around the world.

Kerry McCurdy is a beekeeper who has worked on both the commercial and home-based sides of apiculture. A former farmer who ran large-scale stations in Central America and Northern Australia, he returned to New Zealand later in life and decided to retrain for a more intimate kind of farming. After studying at Telford Rural Polytechnic in Otago (New Zealand's only tertiary institution offering comprehensive training in beekeeping), he worked first with well-known Auckland honey producer Graham Cammell, then as a manager for Bees Online in Waiuku, before launching his own urban beekeeping business, Beez Thingz, which supplies and maintains home beehives for suburban backyards from Drury to Albany. He is a passionate advocate for bees, and for organic honey production.

"Bees are way smarter than people," he says, walking through his two-acre property in South Auckland, where he produces honey and builds hives. "They were here millions of years before we even came up out of the mud." (Fossils of the first types of bees date back to the Cretaceous period, around 100 million years ago.)

"They were here with sharks and cockroaches and dinosaurs. As a group, as a colony, they're way smarter than people. They developed biodiversity, so if we lose them, we lose biodiversity. Bees don't need us at all but we need bees in a big way."

Indeed, the thousands of bees buzzing around his property seem completely unconcerned with the human visitors peeking into hives and tasting raw honey draining off combs. At one point I ask anxiously if I should be wearing protective gear, and Kerry assures me that his bees are very placid. "You can see these bees at the door here, they're as friendly as a cat. They know all the people who live here, they know the dog, and nobody ever gets stung." He's right: in two hours, with thousands of bees flying around and landing on me, I didn't get stung once.

> "They developed biodiversity, so if we lose them, we lose biodiversity. Bees don't need us at all but we need bees in a big way."

Kerry has about 600 hives placed throughout Auckland, everywhere from the rural borders right through to central suburbs like Ponsonby and Herne Bay. He services the hives and collects the honey on behalf of his customers who, along with enjoying the magic of watching the production process and the intensive fertilisation benefits of having a beehive in their garden, receive around 15 kilograms of honey from their own hive every year. "Every customer says, 'This is the best honey in the world'! And it is. There's no better food," he says. Backyard hives produce very well, as the diversity and abundance of flowers in urban areas keeps the hive going all year round and produce blends that can differ from one suburb to the next.

Honey, produced commercially or in backyard hives, is formed when bees swallow and regurgitate nectar collected from flowers, adding an enzyme in the process that 'yoghurtises' the nectar, making it edible for humans. Once the honey is produced, it is stored in cells that the bees fan with their wings to encourage water evaporation, raising the sugar content and preventing fermentation. The work that goes into producing each tiny cell of honey is quite mind-blowing – a bee can visit up to 100 flowers over a 10 kilometre radius (although they prefer to work within one to three kilometres of their hive) during a single collection flight. A kilo of honey will use nectar from over three million flowers, and a strong working hive of 50,000 bees or more can turn out up to 50 kilograms of honey a year. Even more amazing are the complex pheromones they release to signal danger or the location of a

Photo by Mark Heaslip

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Peter, John, Joy and Murray Bush

Photo by Rachel Russell

good food source, and the 'dances' related to communicating food information.

New Zealand is regarded internationally as having an advanced beekeeping culture. Although the industry has been plagued by the accidental introduction of the varroa mite in the late 1990s, which has wiped out feral populations of bees in the North and upper South Island, at present, we are free of diseases like American Foulbrood, a highly infectious spore-based bacterium that destroys bee larvae, and the mysterious Colony Collapse Disorder (CCD) that has plagued America and Europe.

CCD first emerged in North America in 2006, when beekeepers began finding up to half their bees mysteriously gone. While bee populations have been declining since the 1970s, CCD can literally occur overnight, with entire colonies of worker bees seeming to abruptly abandon their hives and disappear. There is much speculation as to the possible causes of CCD, including increased pollution and use of antibiotics and pesticides, stress from constant transportation of colonies, malnutrition, unknown pathogens or a combination of all factors.

Whatever it is, Kerry McCurdy believes New Zealand is set for the same path if we don't take better care of our honeybees. "The whole industrial system is fraught with peril," he says. "Bees don't get a chance to breed by themselves at all. The whole natural process is removed. The bees are stuck, and they can't evolve because human selection doesn't do what natural selection does. With the vanishing of the wild bees, artificial breeding is really dangerous, because there's no natural production. The whole process of industrial beekeeping is like sweatshops.

"With industrial bees, you whiz them here and there for different crop pollinations. You palletize them and truck them around every season. So the bees are continually on the left foot. Healthy bees resist everything. When people get run down and under stress, they crash, and get sick. So do bee colonies. So if you truck them around, feed them sugar syrup and plant inbred queens, you're leaving the door open for problems." Kerry has battled the varroa mite himself – in his second year, he lost all his bees to it. Now he relies on organic methods of protecting his bees – designing hives that discourage the presence of the mites, using colour therapy and oil fogs to discourage mites and even working with traditional divination techniques to find the best places to place hives. Judging by his healthy, placid, high-producing bees, and clean catchment boards under his hives (designed to catch dead mites), his strategy seems to be working.

But bee diseases are not the only challenges facing New Zealand's honey industry. Third generation beekeeper Murray Bush, who along with his brother Peter runs the Marlborough-based J Bush and Sons honey company, says changing climate and agricultural land use have had the greatest impact on their family business, which has been operating for nearly 100 years. "There are problems with pests, like the varroa mite, but climate is still the biggest enemy," he asserts. "We have some huge, horrendous droughts in Marlborough. Two seasons ago our crop was probably three kilos to a hive. Do your math and that's very little honey. In a good year it can be as much as 30 or 40 kilos a hive. So the variance is huge. But that's the life of being a farmer."

The changing face of the Wairau Plain, from agriculture to viticulture, has also forced the business to adapt. "Marlborough has evolved over the history of the business, and the local landscape has probably changed four or five times," he says. "If you go back far enough, the whole of the Marlborough Plain was covered in flax. The biggest industry was flax milling, and my grandfather used to collect flax honey. And you wouldn't hear of such a thing any more. Then it evolved into a major clover-producing area, then something else. Grapes are just the latest stage in the progression. It has definitely changed where we place our hives, because there's no nectar foraging source or pollination revenue gained off grapes, so we've had to move our hives off the Marlborough Plains, into more distant areas. We've had to travel a lot further, and in some cases it's meant we've had to change to a different honey type, a different flavour. And we've had to adapt our products and markets to suit." Today, the spread of the 2000 J Bush hives stretch over a seven-hour drive, which sit in pockets across the plains and up into the Marlborough high country.

Murray and Peter, and before them, their father John and his father Horace (who started the business in 1916) produce several classic New Zealand honeys – manuka, blue borage, and a pastoral blend based on clover. It was the love of bees that brought Murray and his brother back into honey production after a hiatus of a decade. Now Murray has been back in the business for almost 20 years. "We both love working outdoors," he says. "I enjoy the sales and marketing side, which I work on. But at the end of the day, the love of bees and all they do was the major driving force."

Photo by Mark Heaslip

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Terry and Karlene Shaw-Toomey of Earthbound Honey

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Sharyn Woodnorth and Jeremy Friend of Friend & Co. artisan honey

Photo by Dean Mackenzie

> "Even in one type of honey, say manuka, we get probably a dozen regional variations throughout New Zealand."

A good honey, in Murray's opinion, will have a clean flavour, although the strength and sweetness varies between and even within floral types. "One of the wonderful things about New Zealand is that we get some amazing diversity with our honey. Even in one type of honey, say manuka, we get probably a dozen regional variations throughout New Zealand. I think the main thing is the clarity of the honey. That's what we cherish in New Zealand, we don't have honey that's adulterated by pollution."

Texture is another key quality, says Jeremy Friend. Friend and his partner Sharyn Woodnorth set up their Canterbury-based honey company J Friend and Co just two years ago, after moving down from Auckland for a lifestyle change. Although Jeremy had never been a beekeeper, he had contacts in the industry from his previous line of work, and while deciding what line of business to go into in Christchurch, started packing a little manuka honey to sell at the local farmers' market. "It started going really well, so we started looking around for some other honeys," he recalls. "We knew of thyme honey and beechwood honey – really interesting honeys that people didn't really know about, and the feedback was great."

Now the company distributes nine different single varietal honeys, ranging from the rich, reddish-brown beechwood honeydew through to northern rata, viper's bugloss (a Kaikoura mountain honey) and the palest creamy white clover. "The beechwood is naturally runny but kamahi and pohutukawa have quite different textures, so we cream them," Jeremy says. "That took me a while to learn. Honey coming out of the hives sits at quite a warm temperature, so when it cools down, it will crystallize. It's natural, but it's difficult to get out of the jar. When you cream it, you take it down to about 8-12 degrees, and stir it very gently for up to five days, so the crystals break down to make a soft honey. Every honey creams slightly differently. Some will still be quite firm, others will be softer, and you get quite a waxy, grainy texture coming through in some honeys."

Each honey is supplied by a single, organic producer, from Coromandel down to Central Otago, and all are described on the company website. "We wanted to let people know a bit more about the product and the background," says Jeremy. "We love food that you can find out the history about, so we set our business up on that basis. And organics are really important to us, so all our honey is organic. It is more difficult, but all our beekeepers are really great. They're really passionate about their product and they've been doing it for years." Educating New Zealanders about the vast range of flavours available in honey is one of their key aims, he says. And they're not stopping here – six months ago they started exporting to Australia, and are now looking at expanding to Japan before the end of the year.

Karlene and Terry Shaw-Toomey are another pair of artisan honey producers, who operate from the Bethells Valley, north-west of Auckland. Their hives are dotted over a 10 kilometre path through the valley, culminating in a small plateau ringed with pohutukawa trees, that overlooks the black sands of Bethells Beach. The couple moved out west 12 years ago in search of a better life for their sons, and three years ago turned Terry's beekeeping hobby into a business, Earthbound Honey. This year they expect to turn out up to eight tonnes of organic pohutukawa, bush and manuka honey.

The bush of the Waitakare Ranges helps form a natural buffer zone that shields the properties on which their hives are located from the industrialised Taupaki-Kumeu area, allowing them to claim organic status. They use only organic paints on the hives, and neither they nor their neighbours in the area use chemical plant or insect sprays. Their honeys are regularly tested for heavy metal or pesticide contamination. "We also leave honey on for the bees, we don't strip it. We don't feed them sugar syrup unless we really need to," says Terry. "I use the analogy that you could eat just

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bread all winter, and you'd survive, but you'd feel like crap at the end of it. If you feed bees sugar all winter, they'll survive, but it's not their food. Honey is their food."

Part of the joy of collecting honey is discovering just how it has come out every year. "Some years our bush honey has lots of rewarewa, some years it has more manuka," says Karlene. "You do get to know what's flowering each season. There's a lot of kowhai around here – in November/December the hills are just yellow. That's a really floral honey, really nice. You can see why the tuis love it."

"That's the whole artisan approach, you just go with what nature gives you," Terry adds. Their raw honey, which is not pasteurized (heat-treated), is available mostly at fruit and vegetable stores and high-end delis like Zarbo, Nosh, and Didas. Every Saturday, they sell it at the Oratia Farmers Market, alongside bottles of Honeygar. "That's a really old-fashioned product – organic apple vinegar mixed with our raw honey – that's really medicinal as well as really good to cook with," says Karlene. "By doing the market, I do different dressings and dipping sauces, and get to tell people about it. We have a lot of success with that. A lot of people have stomach ailments, arthritis, gout and they put honeygar in their diet and drink it every day."

The pair is enthusiastic about the health benefits of honey. "It is a really good cure," says Karlene. "Our eldest boy is 15 and none of our three boys have ever been on antibiotics. Their doctor doesn't even know them." Keeping their honey affordable is important to them, says Terry. "We talk to mums and dads at the market and they say, 'Your manuka honey's a good price,' and we say 'Well, it should be. We want your kids to eat it and be healthy.' If you export it, you put the price up and it's harder to afford. For us, it's about keeping it as simple as you can. Leave the bees alone to do their job. And get it from the hive to the jar as quickly as possible."

Both Terry, a former production director at an advertising agency, and Karlene, a former landscaper, say they have no regrets about moving into apiculture. "I was still working as a landscaper, and one day Terry needed help with a hive, so I went and had a look, and that was it," says Karlene. "You look in there at this whole community working together, all knowing what they've got to do… and obviously the end result tastes good!" Terry agrees. "I always say that since I've become a beekeeper, I've never worked a day. I love it."

Beez Thingz – phone 09 622 3055 or visit online at beezthingz.co.nz

J Bush & Sons – phone 03 578 3923

J Friend & Co. – phone 0800 335 245 or visit online at nzartisanhoney.co.nz

Earthbound Honey - phone 09 810 8449 or visit online at earthboundhoney.co.nz

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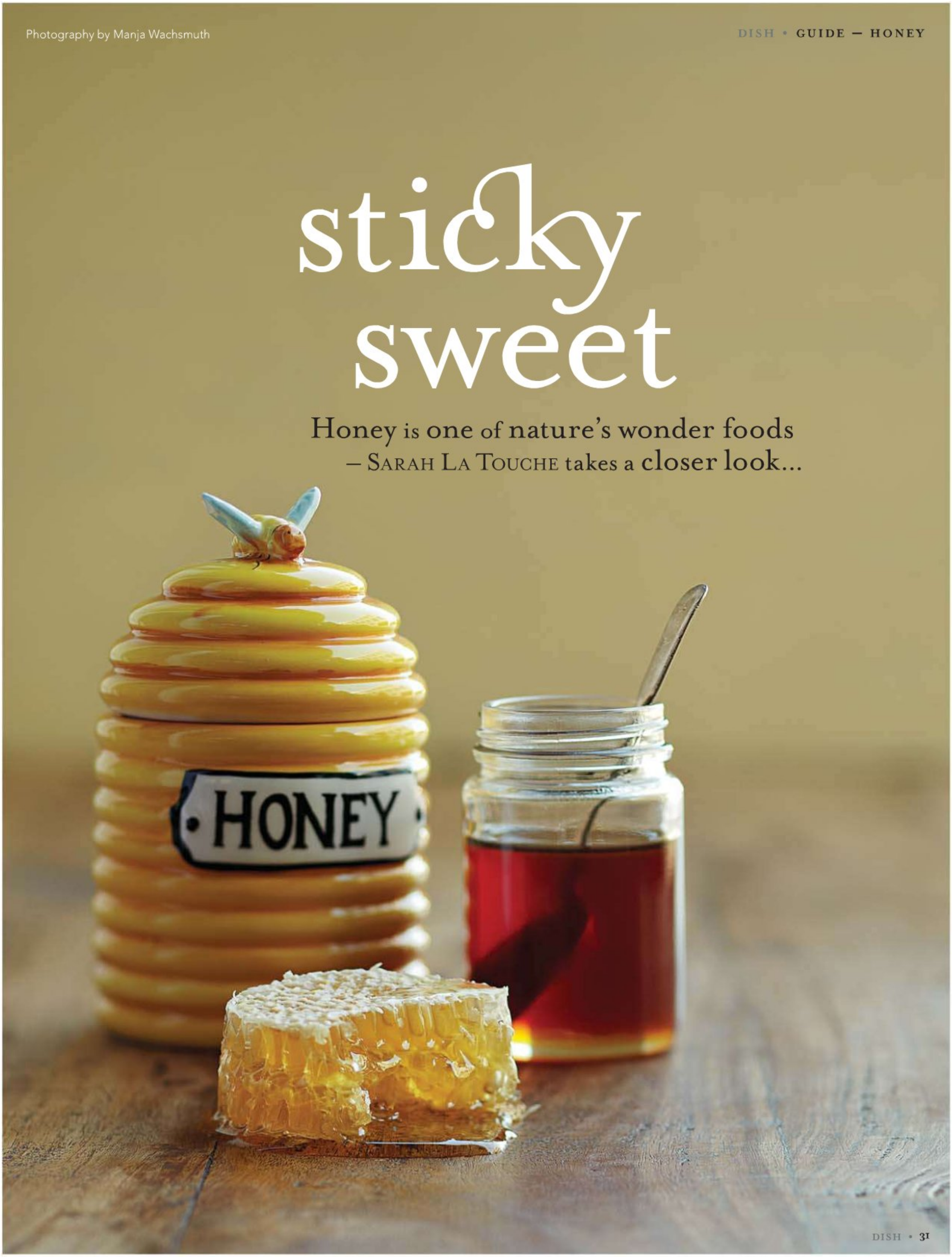
Photography by Manja Wachsmuth

sticky sweet

Honey is one of nature's wonder foods
– SARAH LA TOUCHE takes a closer look...



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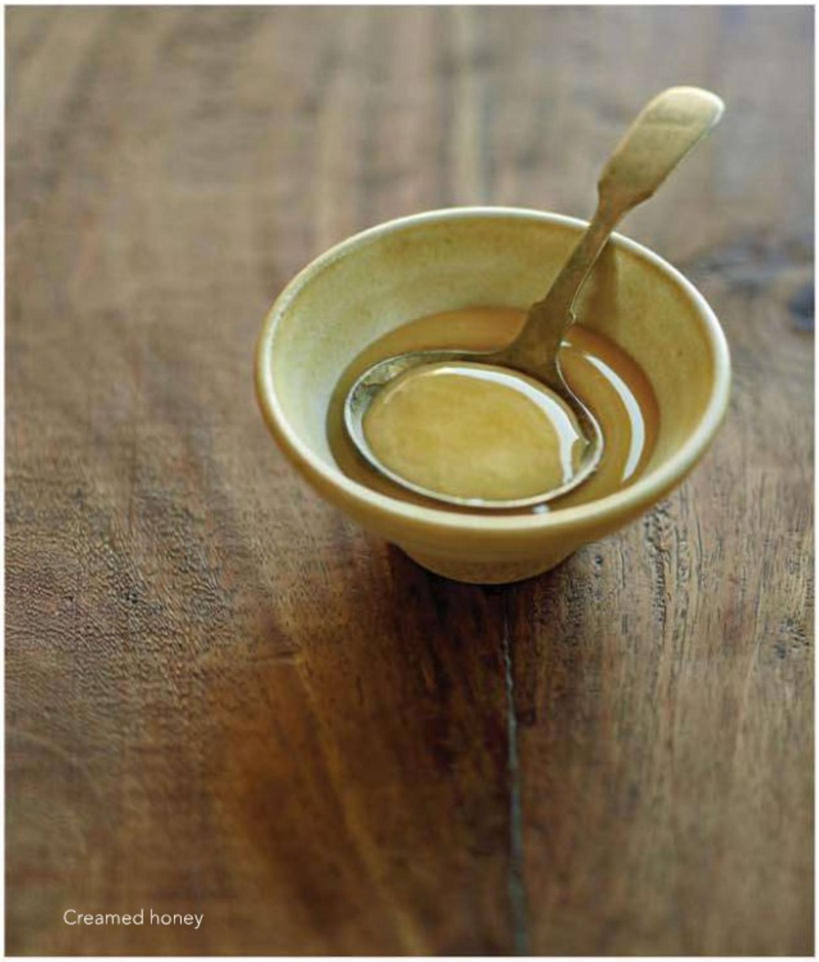
Honeys from left to right: white clover, wild thyme, vipers bugloss



Creamed honey

Honey is quite a magical food – created by hardworking bees, it has been harvested for centuries for use in cooking and in medicine.

Most honey producing countries harvest their distinct varieties of honey from region to region, depending on the types of flowers and vegetation particular to that area. This means there are hundreds of different individual or 'mono'-flavoured honeys throughout the world, as well as a host of blended varieties.

No two honeys will ever be identical because the terroir (environment in which it is made) and the flora are never the same. These different 'breeds' of honey provide us with an amazing range of honey flavour profiles.

Spain is famous for its full flavoured orange-blossom and rosemary honeys. In France the chestnut, almond, lavender, acacia and wild thyme fragrances predominate; Italy has hazel and chestnut from Piedmont, lemon blossom from Liguria and Amalfi, and wild herb varietals such as oregano, rosemary and dandelion. As importing honey into New Zealand is prohibited, we aren't able to enjoy these varieties here, but have our own exquisite floral varieties, many of which come from our own native flora like manuka, rata and pohutukawa.

Many of the honeys you can buy in the supermarket are blended from different honey varieties like clover and wildflower, for example. These are what we are used to spreading on our toast in the mornings, and whilst they are no less delicious, they are generally less expensive than the single variety honeys like 100 per cent manuka or wild thyme.

These single variety honeys are more expensive because they are often difficult to harvest: they may come from remote areas, or from plants which only flower sporadically, as is the case with New Zealand pohutukawa honey.

The quality of a honey is a direct result of the plants and environment from which the nectar is gathered – the cleaner the environment (without pollutants such as chemicals or toxins), the better the honey will be.

Honeybees and plants live in a symbiotic relationship. Flowering plants provide the bees with sweet nectar on which to thrive, and they return the favour by carrying cross-fertilizing pollen from one flower to another. The bee carries the nectar in a special sac in its body, which contains enzymes that break the nectar down. Back in the hive they pass the nectar to worker bees who break it down further and deposit it into a cell wall of the hive, what we know as honeycomb. There, any remaining liquid starts to evaporate, helped by the fanning of the bees' wings, and it thickens into honey and is sealed into the comb with a plug of wax.

Creamed honey is made by adding a creamed honey starter to liquid honey, a process called controlled granulation, which produces tiny sugar crystals, giving the honey a velvety mouth feel – the smaller the sugar crystals, the smoother the honey. As all sugars melt when they're heated, creamed honey will become liquid when warmed. In the case of runny honey that has crystallized during storage, a little heat will return it to liquid again.

The health giving properties of honey are also directly related to its quality. All honeys have natural anti-bacterial, anti-fungal and anti-viral healing benefits in varying degrees, as well as antioxidants. They contain an antiseptic substance, which can easily be destroyed by light or heat and for this reason some honeys are not pasteurized.

Honey has been used for centuries in wound healing, especially with burns and ulcers. Studies have also shown it to be beneficial in treating coughs in upper respiratory infections, promoting better blood sugar control and insulin sensitivity, weight gain regulation, boosting immunity, and treating some digestive disorders.

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> "Because honey has such a stunning array of flavour profiles it has long been used in cooking."

Honey should not be fed to babies under 12 months old however, as it can carry the dormant spores of the bacteria *Clostridium botulinum* which, if able to germinate in a young digestive system, can cause serious breathing difficulties and paralysis.

Manuka honey is particularly highly regarded and some strains of New Zealand manuka honey have been identified as containing a unique antibacterial property, which is effective against a wide range of very resistant bacteria. Its strength varies between honeys and so a Unique Manuka Factor (UMF) standard was developed to identify those honeys with the additional property. Potency grades range from 10 to 25 – the higher the UMF rating, the more potent the product.

Because honey has such a stunning array of flavour profiles it has long been used in cooking. We most commonly think of it when making delicious cakes, biscuits, sweetmeats and pastries such as gooey baklava, Christmas gingerbread, nougat and torrone.

But with its high acidity levels, honey complements savoury dishes too. It is used to glaze a ham, flavour vinegars, mustards and sauces, for cooking duck as the Chinese do, or in the splendid aromatic tagines of Morocco and Tunisia. Honey is the perfect choice when you are looking for a sweet-and-sour flavour in dishes.

Other foods that go with honey are cream, mascarpone and crème fraîche; goat and sheep's cheeses, hard cheeses like Comté, Cheddar and Parmesan; fruits such as pear, quince, peaches and nectarines; spices like cardamom, cinnamon and cloves; fresh and toasted nuts especially hazelnuts, almonds and pine nuts; chocolate; chickpeas, haricot beans and certain lentils; chicken, pigeon, quail and guinea fowl; pork, soy sauce, ginger and garlic, saffron and prunes.

Honey is twice as sweet as table sugar so when substituting for sugar in baking, reduce the quantity by one third to a half.

It is also hydroscopic, attracting water, so the amount of liquid in the recipe can be reduced by about one fifth. Honey will encourage browning and crisping, caramelizing quickly, therefore reduce the cooking temperature by 15°C. It will keep your baked goods moister and fresher for longer too, as well as adding rich texture and viscosity to many foods.

To make handling honey easier, heat the spoon under hot water before taking it out of the container, or use a special honey spoon. Store your honey in an airtight container away from direct sunlight in a cool, dry place. Honey has an indefinite shelf life and doesn't need to be kept in the refrigerator, in fact cold temperatures will thicken it. If it does crystallize, place the container in a bowl of hot water for 15 minutes until it returns to liquid again.

Vipers Bugloss honey

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Arataki

Squeeze Me Honey®

The perfect honey for your kitchen, a naturally sweet, delicious flavour enjoyed by generations of Kiwis.

ARATAKI HONEY SINCE 1944

Honey Pancakes

Ingredients:
3 eggs (separated)
1/2 cup sugar
50g butter
2 cups milk
1 tblsp Arataki Squeeze Me Honey®
2½ cups flour
1 tsp baking soda
¾ tsp salt

Method: Beat egg yolks with sugar until pale. Melt butter with honey then add to egg yolk mixture, beat. Continue beating whilst adding milk. Sift together flour, salt and baking soda, add to mixture and beat until well combined. In a separate bowl beat egg whites until stiff. Fold into mixture. Cook and add extra milk as required.

Drizzle with Arataki Squeeze Me Honey® to serve.

Arataki Honey 100% pure, natural New Zealand honey.

Some common honey flavours and what you can expect from them:

Bush Honey – often a blend of kamahi, manuka and other natives. Pale caramel in colour usually, and creamed. A rich, robust and earthy fragrance, velvety mouth feel with strong, intense caramel notes. Use for glazes, sauces, spicy cakes and biscuits; good on whole grain toast and crumpets.

Clover Blend – usually pasture flowers and clover. A pale, firm creamed honey. Sweet, subdued aroma with a rich, creamy, very sweet taste. A 'toast and honey', honey.

Beechwood – an attractive amber-gold liquid honey with lots of character and a distinct leathery, barnyard nose. Caramel, malt and butterscotch flavours. Great with figs, almonds, gingerbread, waffles, scones, pancakes and ricotta. Also good in poultry marinades.

Kamahi – often a creamed honey, the texture of soft lemon curd. Floral aromas of spring hedgerows, straw bales, and wildflowers. Smooth and intense flavours, with notes of honeysuckle and caramel. Not too sweet. Try with white rinded cheeses like Brie de Meaux or Camembert.

Manuka – extremely varied, but as a rule ranges from light auburn to golden chestnut in colour with intense aromas – toasted, malty and spicy. Sometimes notes of cinnamon and vanilla too. The creamed texture varies from silky and full-flavoured to intense chewy caramel and fudgy toffee-apple. Good acidity makes it great in gingerbread, spicy date and nut loaf or hot cross buns.
Use for bread making, with yoghurt and muesli, or take a spoonful on its own for a hit of energy and immune boosting. Use the UMF rated manuka for sore throats and medicinal purposes, unheated.

Pohutukawa – pale gold in colour and deliciously syrupy for creamed honey. Soft floral aromas with hints of the seaside. A slightly waxy texture often, with clean flavours. Sometimes very sweet and cloying. A very good match with a hard sheep's cheese like pecorino.

Rata – can range from pale and creamy to dark straw in colour with a rich, floral fragrance of hot summer grass. Buttery texture, not especially distinct, resembles clover honey. Syrupy notes go with figs or spiced pears.

Vipers Bugloss – (from the borage family) may be amber gold and liquid, to a pale beige colour and creamed. Aroma varies from sweet floral to deep, slightly earthy tones. Very floral flavour, though not too sweet, with hints of vanilla and spice. Try a little with some good blue cheese. Great in liquid form for baklava.

Wild Thyme – look for deep toffee gold colour, with, intense fragrances of dry heat, sunshine and pink flower blossoms. A slightly grainy texture, with exquisitely aromatic thyme flavours.
This is an intense, bold honey that you will either love or not. Great with lamb, a mature goat's cheese, lemony flavours, caramelised root vegetables, or on its own.

White Clover – usually firm, pale and creamy white, clover honey is generally creamed and ranges from very firm to almost waxy. It has a restrained, lightly floral nose with background notes of lemon and green pastures.
Normally a very sweet honey, with a subtle taste. Perfect with a doorstop of fresh white bread and butter, or poached summer stone fruit like peaches or nectarines.

With thanks to J Friend & Co for supplying some of the honey used in the tasting.

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Photo by Dean Mackenzie

time to harden up

Chef Jonny Schwass delights in the more robust flavours the colder weather brings

One of the greatest gifts Nature gives us in New Zealand is not only the variation between the traditional four seasons, but also the beauty of the transition from one to the next. There is a sort of 'sub season' on either side and these are often more interesting than the classic calendar period. I love the shift into colder weather, a time when you can be blessed with a perfect still and crisp morning that turns into one of those cloudless, postcard-type days. Better still, it doesn't feel strange to be tucked up in bed with the electric blanket on high by the time the six o'clock news has finished.

As we move through autumn and into the approach of winter, it becomes one of my favourite times to be a cook. Most importantly (in a restaurant kitchen at least) we are surrounded by multiple heating options to fight off the early morning chill, including a coffee machine that never gets turned off. There is something on the stoves nearly 24 hours a day: ducks cooking slowly in their own fat, venison necks braising for hours on end until mouth-wateringly tender, pork shoulders slow roasting through the small hours until they can be carved with a spoon, and hot tubs of beef and chicken stock simmering overnight.

In this chillier time of year everything coming in from the gardens has a bit more strength to it. Things are more robust in their structure and also in their flavour. As much as we miss the light, delicate tastes of summer and the equally fragile flavours of early autumn, it's now time for produce to harden up.

A vegetable's ability to stand up to a good frost brings to mind the gruff characters in beer advertisements on television. I'm sure if the vegetables around at this time of year could talk they would be saying to each other 'Cold? This ain't cold' and would end every sentence with 'mate'.

Some of my mates for the next few months are:

Jerusalem artichokes: a favourite with the chefs in the kitchen, especially when we have a bright-eyed young student on work experience the day 20 kilograms are delivered from one of our growers. A bit of an imposter, the Jerusalem artichoke is neither from Jerusalem nor is it an artichoke though they are cousins and relatives of the daisy clan. The slightly confused tubers store the carbohydrate 'inulin' instead of starch and have a consistency much like potatoes, and a similar taste in their raw form. They are beautiful steamed and fried served with salt and pepper squid, puréed to a fine soup and finished with crisp whitebait. (For more see 'Cooking with…' on pg 36).

Celeriac: this is great used raw or cooked. It has a tough, furrowed, outer surface – some might say, not dissimilar to Gordon Ramsay! As with Gordon, the tough exterior hides something more delicate and sensitive. Celeriac has a flavour that crosses between pears, celery and parsnip and is great in soups and stews. It is mixed classically with mustard and mayonnaise to create a remoulade to accompany grilled meats and fish. Cooked with equal quantities of peeled and diced apples it makes unassuming roast pork sing. If you're lucky enough to know a grower, or grow some yourself, the hollow stalk of the upper plant is great cut into drinking straw lengths, rinsed, and used when serving Bloody Marys, each |sip offering you a refreshing celery note.

Oysters from Tio Point in the Marlborough Sounds: we have these delivered twice a week in the shell and are shucked to order. I have finally found a great in shell oyster for real oyster lovers. They are big, fat and full of the flavours of the ocean. Simply open and eat.

Brussels sprouts: a wildly divisive vegetable, you either love them or hate them – I have never met anyone that simply likes Brussels sprouts. A doctor for whom I had the privilege of cooking told me they were high in vitamin K which opens the arteries and allows for better blood flow – so he was a little taken aback that we had caramelized ours in bacon fat. Whatever cooking method is employed, over-cooking should always be avoided. Over-cooked Brussels sprouts release a type of organic compound called 'sinigrin', which has a sulfurous odour and is the reason many people use the hate word in association with Brussels sprouts. Generally 5-6 minutes boiled or steamed is enough to cook them thoroughly. They are delicious braised with chicken stock, toasted hazelnuts and crisp pancetta, or try them puréed with a touch of buffalo yoghurt and served with wild rabbit or a good roast chicken.

"I'm sure if the vegetables around at this time of year could talk they would be saying to each other 'Cold? This ain't cold' and would end every sentence with 'mate'."

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Text by Catherine Bell
Photo by Aaron McLean

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cooking with... celeriac and Jerusalem artichokes

Most of us think of root vegetables as the ubiquitous carrots, parsnips, potatoes and turnips. But amongst this group exists some other delicious options: celeriac and Jerusalem artichokes being two. Both lack the uniform shape and neatness of the more common root vegetables, which may be why home cooks tend to shy away from them. However, both are simple to prepare once you know how.

Celeriac, also known as celery root, belongs to the same family as celery, carrots and parsnip. Quite different from its cousins, this ugly duckling is a round, bulbous corm with a brown warty exterior and small roots sticking out at all angles. Inside though, the crisp white interior has a flavour similar to celery.

Celeriac appears in autumn and tends to be available right through until spring. Look for examples that aren't too huge, as the larger ones can be soft in the centre. I prefer them about the size of a large potato. It should feel heavy and have a fresh appearance with still green stalks – the leaves are generally removed. Keep in the fridge for up to a week, although they will usually keep longer if stored at a low enough temperature.

During preparation treat celeriac as you would apples; once cut place the pieces in a bowl of acidulated water to prevent discolouration. Peel the celeriac thickly to remove all the warts and bumps, then dice or slice as required for the recipe.

It can be eaten raw, as in the classic French remoulade, or baked, roasted or sautéed. Note that celeriac does not caramelize well as it's low in starch. My favourite way of serving it is as a purée – cooking it in salted water for 10-15 minutes and then mashing it exactly as I would for potatoes, with some butter, cream or olive oil and lots of salt and pepper.

The **Jerusalem artichoke**, also known as sunchoke, earth apple or by its French name of 'topinambur', causes much confusion. It is neither an artichoke nor is it from Jerusalem. It is in fact native to North America where it has long been known to the Native Americans. It is a species of sunflower and it's thought the name is a corruption of the Italian name for sunflower – 'girasole'.

The brown tubers with purple hued knuckles look a little like fresh ginger. The crisp, white interior has a very similar flavour to that of a globe artichoke heart: nutty, sweet and quite delicious.

Like celeriac, Jerusalem artichokes are an autumn/winter vegetable. Select firm tubers with as few bumps and lumps as possible, so that peeling is easier and there isn't too much waste. Store somewhere cool and dark, as you would potatoes.

Scrub and/or peel depending on what you intend to do with them. Again, like celeriac, place in acidulated water to prevent discoloration.

They can be roasted whole in their skins, or steamed, boiled or sautéed. Once cooked, they tend to collapse, so careful attention needs to be given while cooking.

Jerusalem artichokes make a great soup, purée or gratin and are greatly enhanced by butter, cream and herbs. Serve roasted alongside roast beef or chicken. They can also be sliced thinly and eaten raw in salads.

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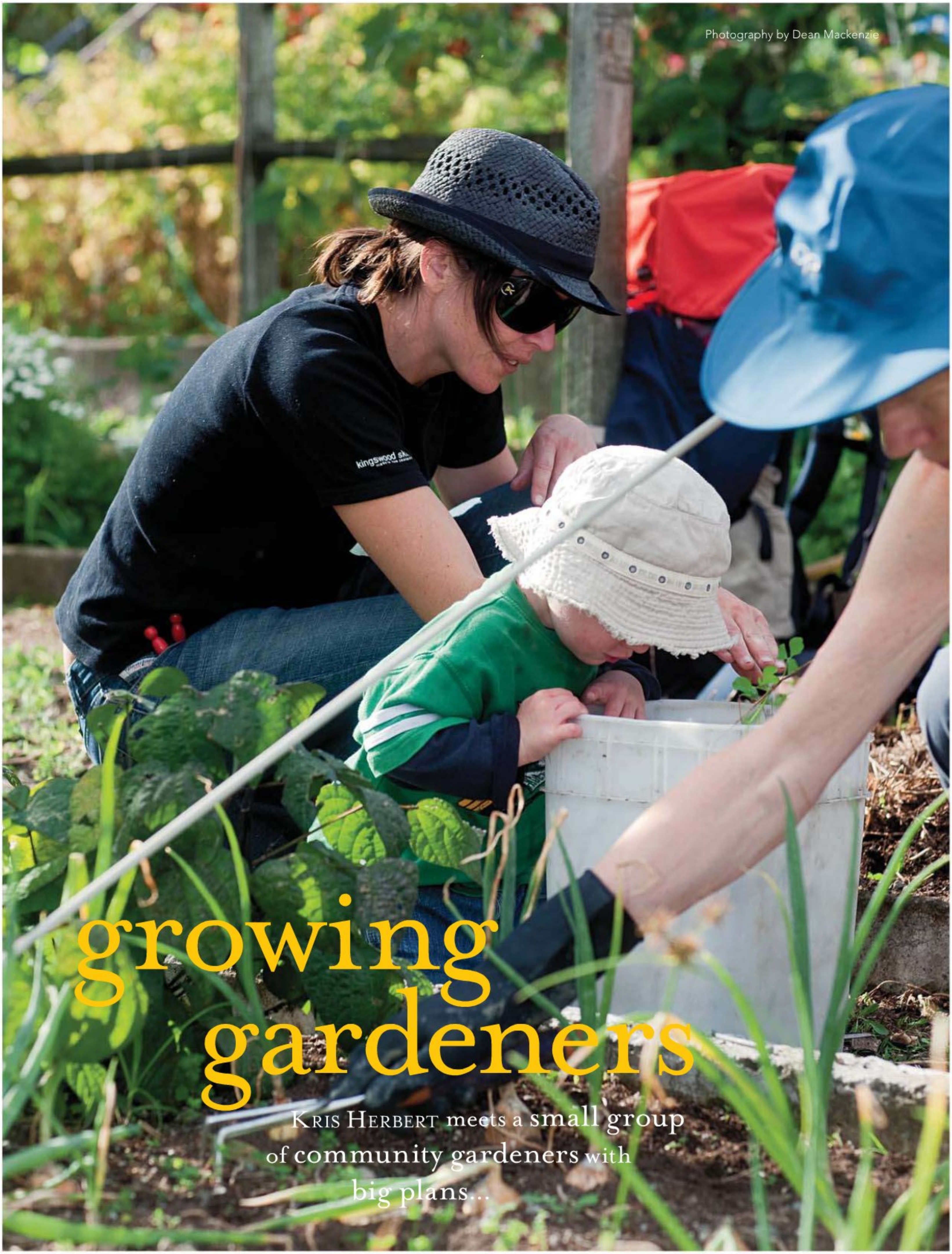

Photography by Dean Mackenzie

growing gardeners

Kris Herbert meets a small group of community gardeners with big plans…

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Just outside Christchurch, in the little port town of Lyttelton, there is a community group with a bold goal to put locally grown organic produce on the plates of every home.

Project Lyttelton is a grass-roots community organisation that is turning heads around the country with its initiatives. In the last few years, Lyttelton has introduced a weekly farmers' market, three annual festivals, New Zealand's first Time Bank and a raft of sustainability initiatives.

Project Lyttelton chair, Margaret Jefferies, says the Grow Local scheme is one part of the big picture – "making us sustainable".

"We're growing food, growing energy and growing people. It's about food and education. It's about looking at how we make this whole community sustainable in the face of climate change and how do we do it so that we can live with a certain amount of panache," Margaret says.

A community garden, a market garden, a veggie box scheme and an organic gardening course are all aspects of the Grow Local project.

The steeply terraced Lyttelton community garden is in the heart of Lyttelton. It is bordered on one side by the volcanic stone wall of the historic gaol and looks out to the busy port, sparkling harbour and ragged hills beyond.

The community garden is always open and anyone is welcome. Every Wednesday gardeners get together for a working bee and a shared lunch in the adjoining Project Lyttelton building.

Sue-Ellen Sandilands says the garden works on a "sweat equity" basis. "Each time you come, you take what you need. It's not monitored and relies on people's honesty and discretion.

"We've never had a problem with people taking too much. There is always an excess of food, which we donate to the local nuns for distribution."

Sue-Ellen says the system works well because it doesn't rely on people to tend their own plots. Unlike your own backyard plot, the community garden survives even if you only get there once a month.

Lottie Harris and baby Olive help out in the gardens most Wednesdays. "We also feed the chickens on a Tuesday and a Sunday and often pop in and do some watering."

Lottie came to New Zealand from the UK two years ago. "We arrived in New Zealand on a Friday and on Saturday morning we went to the farmers' market. That's where we found out about the community gardens."

Shortly after settling in Lottie received a welcome pack: a re-usable shopping bag filled with home baking and information about her new home.

"I've never felt so welcomed into a community. We were travelling on a round-the-world ticket but we never left. Now we've applied for residency."

Jodi Rees and Josh Harris are also regulars to the community garden. They arrive with baby Jarrah in a backpack. Josh sips a flower-infused drink while four-year-old Sky organises a tea-party in the sand-pit.

Sky and her sister Ruby are home-schooled by their mother Jacinda Gilligan, who uses the gardens as a valuable part of the girls' education.

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"For us it's like an extended family, it's part of who my children are growing up with. As we garden they hear stories."

The garden is constantly evolving. As well as the usual staples like tomatoes, potatoes, spinach, broccoli and cabbage, there are also fig, feijoa and nut trees, redcurrants, raspberries and a plethora of herbs.

A project is underway to create a bio-digester that will turn the garden's compost into an energy source to heat the greenhouse and the adjoining community building. Another group has begun a project to build a cob oven in the gardens. The people who work on this project will learn how to build their own cob ovens and will have access, along with the rest of the community, to the oven at the gardens.

Like the rest of Project Lyttelton's initiatives, the gardens, bio-digestor and cob oven are made possible by an idea, a champion to spearhead the project and the support of others.

Through this process, Project Lyttelton started the second arm of its Grow Local scheme. Three years ago, Margaret Jefferies discovered a disused organic garden in the neighbouring suburb of Opawa. Thanks to generous donations from members of the community a lease was signed and local gardener Bettina Evans was brought in to start a community supported agriculture scheme.

Community supported agriculture (CSA) began in Europe and Japan in the early 1960s as a response to concerns about food safety and the urbanisation of agricultural land. Cooperatives between farmers and consumers were formed and food often distributed through weekly vegetable boxes.

The Opawa garden, Seven Oaks, produces a limited number of veggie boxes, available to Opawa and Lyttelton residents. For $20 a week participants receive freshly harvested fruit, vegetables and eggs from November to March. People who receive boxes are also required to donate 20 hours of their time, either to working in the gardens or sitting a six-week organic vegetable gardening course with Bettina. The course covers the basics of organic gardening, from seed selection to composting and is designed to give local people the confidence to start growing vegetables at home.

If the course is successful, the participants won't need to buy a box the following year.

> "We're growing food, growing energy and growing people. It's about food and education."

"We don't feel like we're putting ourselves out of business," Bettina says. "There has always been a waiting list for boxes and not everybody will be able to grow their own food so it's great for them to get the boxes."

German-born Bettina worked as a gardener for Hawke's Bay herb company, Weleda, and spent three years researching organic seed production in New Zealand. She's had her own gardening business and worked for specialist growers but says working with her own community is the best job yet.

Bettina has taken 25 people through the course so far and says there are lots of success stories. "I meet people on the street and they tell me about their veggie gardens. One woman had lived in Lyttelton for 12 years and never liked gardening but she emailed and told me that getting a veggie box made her want to start gardening so she did a course and now has a great veggie garden."

Even experienced gardeners have taken the course. "Some of these women had amazing, professionally landscaped gardens but they had never grown veggies and now they're really proud that they have their own vegetable plot.

"I really think gardening is in the mind," Bettina says. "The course is just confidence building, really, because everyone can grow veggies."

The garden's income is supplemented by selling vegetables and seedlings to local organics shops.

This year a second garden across the harbour at Orton Bradley Park was established. In the 1800s there were huge market gardens at Orton Bradley that fed the entire harbour basin, and now some of that heritage is being restored.

A children's garden has been planted to educate young visitors to the park and alternative energy generation is being explored too.

Next year, thanks to the availability of more land for growing, the box scheme will be available to a wider group of people, expanding the numbers learning to grow their own and increasing the fresh produce on harbour tables. One kitchen at a time, the Grow Local dream is becoming a reality.

For more information visit online at lyttelton.net.nz/grow-local

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Bettina Evans

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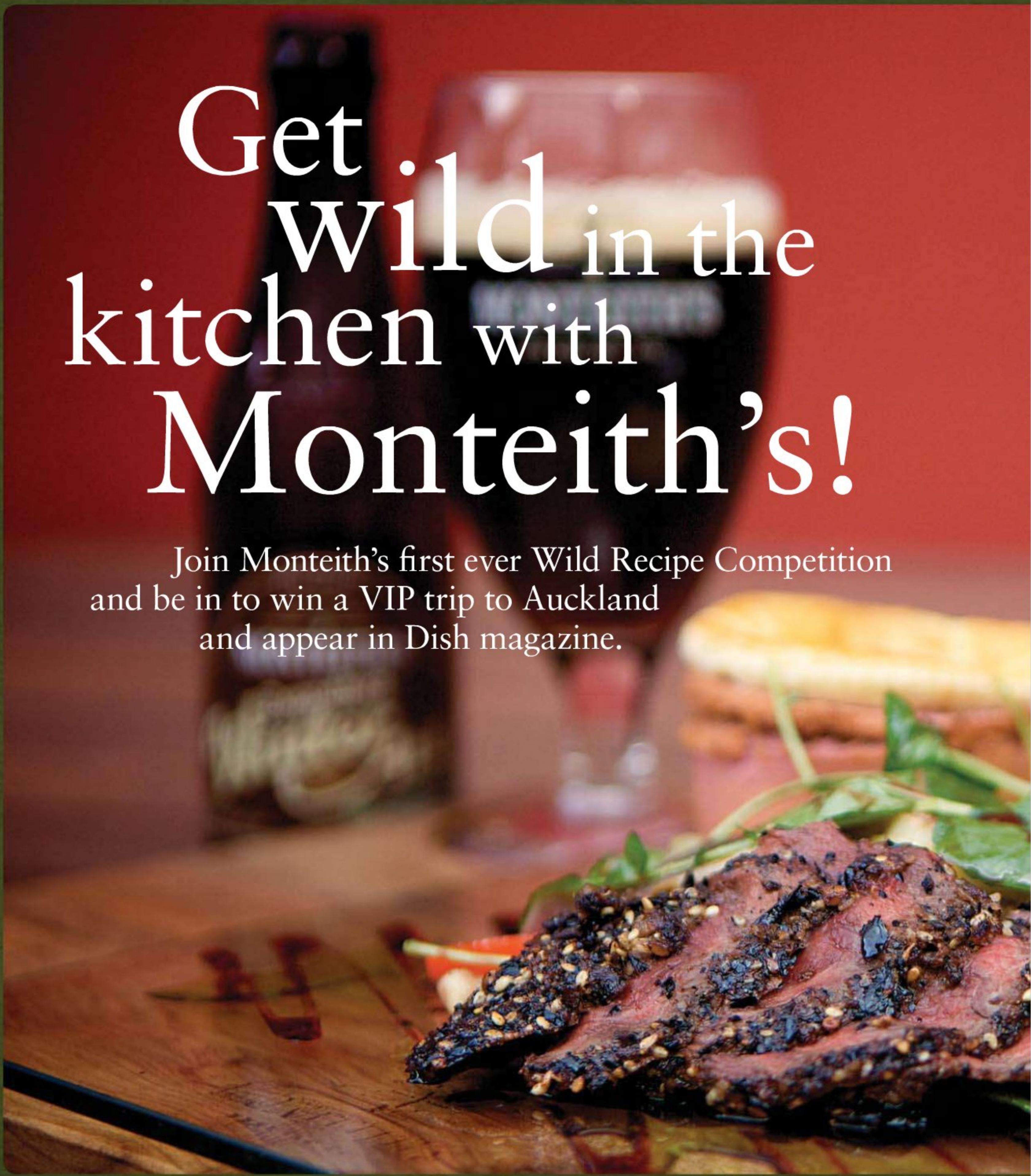

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For more information about the Monteith's Wild Recipe Competition and the range of boutique Monteith's beers visit the website at www.monteiths.co.nz

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Each winter Monteith's scours the country looking for New Zealand's 'wildest' beer and food match through its Monteith's Beer and Wild Food Challenge. But this year, the 'call of the wild' is going wider – don't miss the chance to show off your wild cooking and beer matching skills by entering the Monteith's Wild Recipe Competition!

How to take part:

- Be 18 and over
- Take inspiration from locally grown wild food (anything not raised on a farm) or readily available 'wild' ingredients such as venison, rabbit or pork. Or simply prepare your dish in a 'wild' manner.
- Design your recipe and match it with a Monteith's beer – a great match is crucial to a winning dish.
- Upload your wild recipe and beer match to www.monteiths.co.nz by Sunday July 18th.

You could win:

- A VIP trip to Auckland for you and a friend to stay and enjoy dinner at a leading restaurant.
- See your winning dish cooked by Master Chef Mark Gregory at the Monteith's Beer and Wild Food Challenge cook-off.
- The chance to appear in Dish magazine with your winning recipe.

Be quick!

The first 100 entries uploaded will win a 6 month subscription to Dish!

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Photography by Shiri Ram

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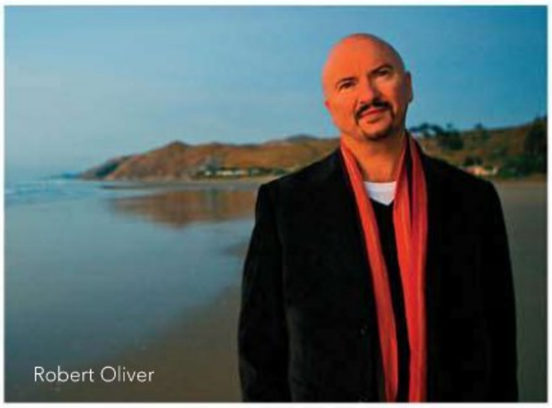

Photo by Richard Brimer

Me'a Kai

Chef Robert Oliver tells VICTORIA WELLS about his new cookbook which celebrates Pacific Island food, but with an ulterior motive...

With the Pacific Islands just a three or four hour flight away, it's a popular destination for Kiwis in search of sun, sand and a laid-back break. Most stay at resorts where the menus are a parade of Western-style food, with perhaps an occasional local dish (usually seafood-based) making an appearance.

This is mainly due to early tourism business plans aimed at travellers who simply wanted a break in the sun with food they recognised. But a growing desire in recent years for what has been dubbed "authentic tourism" has put the issue of serving local food firmly back on the table.

Kiwi chef Robert Oliver has seen the change happen with great success in the Caribbean, and hopes his new cookbook, *Me'a Kai* (Random House NZ) will be the catalyst for a similar transformation in the Pacific Islands.

The book was written after a 14 month trip through the Pacific, which Robert undertook by "stepping out of his life" (as he calls it) as a consultant chef to major resort chain Almond Resorts in the Caribbean where he helped establish links between local farmers and three new hotels in Barbados and St Lucia.

As hotels usually have their own supply infrastructures, often revolving around imported product, persuading them to consider local growers wasn't a simple task. However, with the backing of Almond Resort's CEO Ralph Taylor, and once he had convinced the hotel staff their own Caribbean food culture was exciting, Robert set about introducing local dishes to the general menu, therefore necessitating supply of local ingredients.

"It's really complex dealing with 100 farmers who haven't been taught to be on time, and who don't have cellphones," says Robert. "Luckily Ralph Taylor and I were both committed to giving it a shot and since I was opening three hotels back to back we knew there was a huge chunk of business there to work with.

"I was hooked by the fact that I'd seen some farmers do really well, and it was really gratifying and I thought 'This is the kind of thing I want to do with my life.'"

Robert saw instant parallels with the Pacific Islands, where he had spent much of his childhood. Born in New Zealand, his family moved to Fiji when he was 12, where for eight years his father did social work. Robert also lived in Samoa before heading to the USA, where he became known for his Pacific-style restaurants, such as Suva in Miami.

It was after a chance meeting with tourism academic Dr Tracy Berno, of the University of the South Pacific, that Robert realized how much a book like *Me'a Kai* could achieve for the region.

"Tourism is the big industry, and agriculture is the other big industry so let's join them up as an industry all in itself. Tracy and I both saw the opportunity for a really robust region financially through linking its own sectors."

The pair set about developing the idea and Robert travelled to Samoa, Cook Islands, Vanuatu, Fiji, Tahiti and Tonga in search of their food culture and recipes, both historical and modern.

Although primarily a cookbook (with more than 90 recipes),

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Me'a Kai is also a first step in raising awareness of Pacific Island food culture, and, Robert and Tracy hope, creating a demand for it.

Beautiful images by photographer Shiri Ram vividly capture the markets, raw ingredients and people of the Pacific Islands. The variety of dishes in the book will surprise anyone who associates Pacific Island food simply with variations on taro, coconut and fish.

> "I was hooked by the fact that I'd seen some farmers do really well…I thought 'This is the kind of thing I want to do with my life."

The book offers Samoan-style watercress soup, local fruit such as soursop used in desserts, French-influenced coconut banana tart in Vanuatu, roasted chicken with Polynesian chestnuts and gravy made with tamarind, Tongan-style ceviche, and spice-laden recipes from the Indo-Fijian community. And of course if you're keen to try the celebratory suckling pig then there's a guide for preparing that on a spit – but ensure you have a few friends on hand, as the recipe notes this "serves a small village".

Much of it is a far cry from the starch-heavy dishes often associated with the Pacific, and Robert says it's time the other side of island cuisine had its time in the sun too.

"Those (lighter) dishes are in the Pacific repertoire, but they're not the ones you bring forward, to the feasting. The feasting phenomenon was generally based on pig and starch and seafood and some creams, all through the Pacific. And I feel like that came to be 'This is who we are' to the hotel sector, which of course they converted into the Melanesian nights and Polynesian nights very successfully. But not a lot of the other product migrated to the menus and there is tons of amazing stuff there.

"The original Pacific diet is incredibly healthy. Health has been a big issue in the Pacific as everybody knows. But all the ingredients are there for a very good diet and it always was a very good lifestyle and diet. It's changing. On the ground there's real excitement about it."

While Robert wants other chefs to take inspiration from the recipes in *Me'a Kai*, he also hopes the book will be well received in the islands. "We wanted to dazzle the cooks in their own countries so they'd think 'Wow, we can put local food on the menus.'"

Kokoda – Fiji

In the South Pacific, there are many versions of kokoda and many other raw-fish preparations. Kokoda (pronounced 'ko-kon-da') is Fijian raw fish; in Samoa it is known as oka and in Tahiti by its French name, poisson cru; it is ika mata in the Cook Islands and ota ika in Tonga. No matter which version, kokoda is the dish that seems to have best found its way to hotel menus, and hence it is the dish that nearly everyone who has visited the South Pacific has enjoyed. In Fiji, it was traditionally made with a marinade of lime juice, chillies, onions and seawater — and walu (Spanish mackerel) is the preferred fish. I've been told that coconut milk was added in the 1930s by a Suva restaurant owner. Kokoda is now a fixture on every Fijian menu, always with coconut milk.

1 kg very fresh walu, mahimahi or snapper fillet, skinned	several spring onions, finely sliced
juice of 10 limes and 3 lemons	few stems of coriander leaves
2 medium-sized onions, finely diced	(substitute: parsley)
3 red chillies, minced	4 cups coconut milk
2 cups finely chopped tomato	½ tablespoon sea salt
	lime wedges to serve

Cut the fish into 1 cm dice, discarding any bloody tissue.

In a bowl, mix the fish and the citrus juices and chill to marinate for two to three hours, or until the fish is opaque.

Drain the fish and add the onion, chilli, tomato, spring onion, coriander, coconut milk and salt.

Mix well, chill well and serve in coconut shells with lime wedges.

Serves 8 generously

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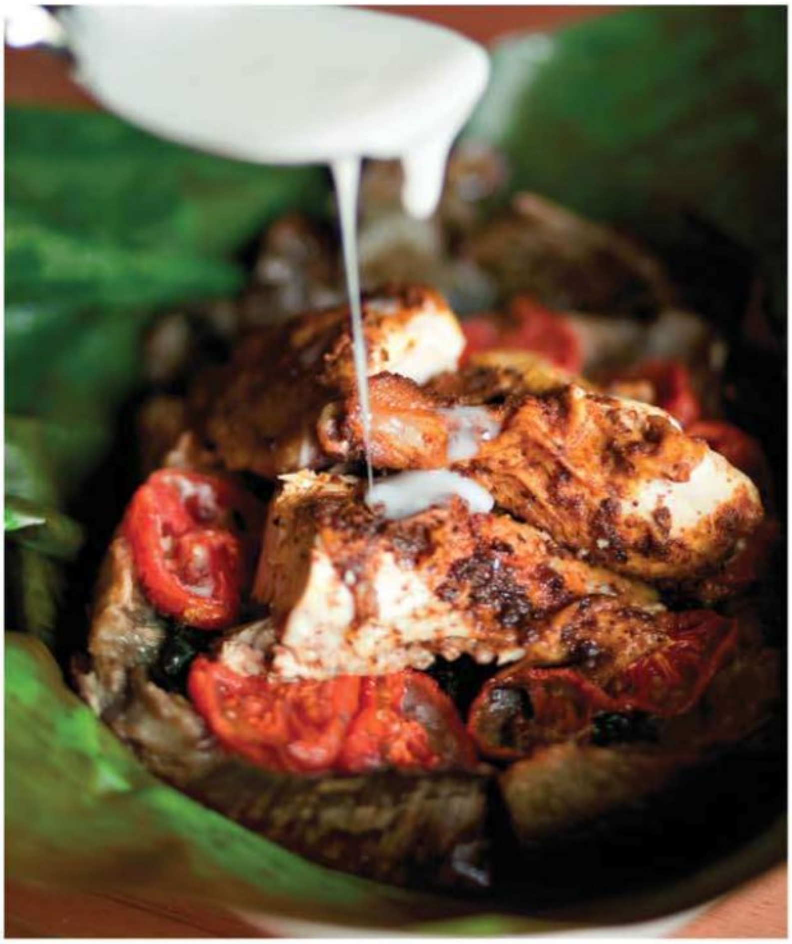


> "We wanted to **dazzle cooks in** their **own countries** so they'd think 'Wow, we can **put local food** on the menu'"

'Make at Home' Chicken Lap Lap - Vanuatu

Lap lap is easily made at home. This adapted recipe uses a grated taro lap lap base, topping it with spiced roasted chicken and gingery coconut gravy. Oven baking the lap lap base means that it doesn't get the same smoky flavour that an earth oven gives, but the banana leaves still do their magic. Cook the lap lap in a casserole dish so that you can bring it to the table straight from the oven and eat it in true island style! To make it for four, use a larger chicken and up the quantities of everything else by another half.

Base
- 2 large squares banana leaf
- 5 cups grated taro
- 1½ cups coconut milk
- 2 cups cooked island cabbage, squeezed dry (substitute: spinach)
- 4 small tomatoes, halved
- salt and pepper

Chicken
- 1 small whole chicken (about 1 kg)
- juice of 1 lemon or lime
- 1 tablespoon vegetable oil
- 1 teaspoon turmeric powder
- 1 tablespoon curry powder
- 1 teaspoon chilli flakes or powder
- sea salt

Coconut sauce
- 1 teaspoon coconut oil (substitute: vegetable oil)
- 6 cloves garlic, minced
- 3 tablespoons thinly sliced ginger
- 2 lime or lemon leaves (optional)
- ½ cup flour
- 2 cups coconut milk
- 2 chillies, whole
- ½ cup roughly chopped spring onions
- salt and pepper

Preheat the oven to 190°C.

Soften two pieces of banana leaf in hot water. Lay one in an oiled casserole dish. Mix the grated taro with half a cup of the coconut milk. Spread the mixture evenly on the leaf to make a layer about 5 cm thick.

Chop the island cabbage and place it in the centre of the taro mix. Surround it with the halved tomatoes, cut side up.

Season with salt and pepper. Drizzle the remaining cup of coconut milk over the whole. Cover with the second softened piece of banana leaf.Set the taro cake aside while you prepare the chicken.

Chicken: Rinse the chicken well and drizzle with the citrus juice. Place it in a mixing bowl with the oil and all of the spices. Coat well and transfer to a roasting pan.

Roast the chicken and the taro cake at the same time for one hour. Baste the chicken with pan juices from time to time, and take the banana leaf cover off the taro cake for the last 20 minutes of cooking.

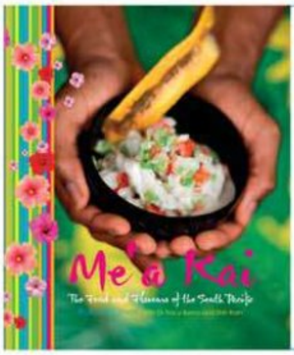
Coconut sauce: Meanwhile, make the coconut sauce. Heat the coconut oil in a heavy pot with the garlic and ginger. Add the citrus leaves, if using, and cook a little more.

Add the flour and cook for four or five minutes to make a light roux. Pour in the coconut milk, add the chillies and spring onion and whisk well.

Simmer for a few minutes, stirring, to thicken slightly.

Take the chicken and the taro cake from the oven. Let the chicken sit for a few minutes. Cut the chicken into serving-size pieces and place on the taro cake. Season the coconut sauce with salt and pepper and remove from the heat. Take your chicken lap lap to the table and drizzle with coconut sauce. Serve hot.

Serves 2, generously



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Banana Beignets with Passionfruit Caramel Sauce – Tahiti

This dessert typifies the tropics and appears all over the Pacific region, usually on hotel menus. Tahitian bananas are spectacular. Use rio or rimurimu or, even better, the small ladyfinger bananas. They have a powerful flavour and hold up well to cooking. Ice cream is a nice accompaniment to the hot, sweet banana fritters with their tangy, nutty sauce.

Batter

1 cup self-raising flour

pinch of salt

1 cup ginger beer

Passionfruit Caramel Sauce

½ cup raw sugar

1 cup coconut milk

1 tablespoon butter

¼ cup passion fruit nectar or juice

1 tablespoon rum

1 vanilla bean, split lengthwise

Fast Coconut Ice Cream (optional)

1 cup raw sugar

1 cup grated fresh coconut

3 cups vanilla ice-cream, softened

Beignets

8 ripe bananas

½ cup plain flour

oil for deep frying

½ cup caster sugar

½ teaspoon ground cinnamon

Batter: Combine the self-raising flour, salt and ginger beer in a mixing bowl to make a thin batter. Chill for about 30 minutes, while you make the sauce.

Sauce: Heat the sugar in a heavy pan or skillet until melted and golden brown. Add the coconut milk, butter, passion fruit and rum, whisking well to combine. Be careful not to splash yourself with hot sugar. Simmer for five minutes, then remove from the heat. Scrape the seeds from half the vanilla bean and add to the sauce. Mix well. Set aside.

Ice cream: Place the sugar in a heavy-based saucepan over a moderately high heat. Melt and caramelise, as for the sauce. Add the coconut, mix well and let the mixture cool. Fold into the vanilla ice cream, then return the ice cream to the freezer until it is needed.

To finish: Peel the bananas and cut them in half lengthwise. Dredge them in the flour and then coat generously with the batter. Heat the cooking oil in a deep skillet or deep-fat fryer over a moderately high heat. Place the battered pieces gently in the oil and cook until golden brown. If a piece sticks to the pan, quickly detach with a fork so that it floats in the oil. Meanwhile, combine the sugar and cinnamon in a shallow bowl. Reheat the sauce gently for serving. As the beignets are cooked, remove from the oil and drop into the cinnamon sugar to coat lightly.Serve hot with warm passion fruit caramel sauce and ice-cold coconut ice cream. Serves 6

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Photo by Vanessa Wu

green light for green fingers

Catherine Bell gets down to some serious gardening

A few issues ago I embarrassingly admitted that in spite of my dedication to the Garden to Table programme for New Zealand schools and my desire to see all primary school children learning to grow and harvest food, I did not have a vegetable garden. Well, I am proud to declare, all that has changed. At Easter I spent a fruitful long weekend clearing my small inner city courtyard of its impressive assortment of weeds and assembling four handsome macrocarpa garden boxes. I should be truthful and tell you that this part did not go smoothly, but only because my DIY skills are extremely limited.

I then proudly filled them with rather a lot of gorgeous organic soil and spent an agonising week waiting until I could buy enough seedlings to plant in them.

My Saturday visit to my local Farmers' Market saw me excitedly add a selection of winter vegetables, some lettuce, rocket, Florence fennel and all my favourite herbs to my basket and they were soon bedded down and watered in their new home. A visit to the garden centre yielded a lovely wicker frame for the broad beans, a standard bay tree plus a smart pot in which to put it.

Now I can't wait for them to grow and have taken to looking out the window all the time to check their progress. As I write this I am travelling and praying that my watering instructions are being followed religiously.

So the prospect of 'picking my own' has me thinking about all the dishes I might cook, but at the same time I feel a little guilty that I won't be buying as much from the vendors at the market each week – although this is highly dependent on the watering regime being adhered to and/or if the snails have their wicked way with the veges.

Nonetheless I am looking forward to making cauliflower fritters from one of my two potential cauliflowers. I had these the other day at Teed Street Larder; lightly spiced and served with a fresh yoghurt raita they made a delicious brunch dish.

Apart from my new garden I am also in the throes of discovering the fascinating world of social networking for the first time. I know, I am a bit of a late starter but I am getting there and even have a photo up on my page now. Before you all rush off to look – it is the same one as you see here. It has been quite an interesting process and I have been intrigued at how many people, some of whom I haven't seen for a long time, have popped up. Now I just have to remember to open it up more often and start to actually write things and post photos. Before you know it I will be blogging!

After my last column, I was determined not to complain about anything in this one, but I just have to say I was very disappointed at the stance some local councils took at Easter with regard to Farmers' Market trading on Easter Sunday. I was at a loss to understand why people could go to the Easter Show in Auckland (on both Good Friday and Easter Sunday) but not buy vegetables from a Farmers' Market.

The people who sell at these markets are often small growers who depend on selling what they grow each week. Was any thought given to what they would do with their crop that week if unable to sell it at the market? Obviously the councils feel it is more important for people to be able to buy candyfloss than fresh vegetables. Time for a change I think…

catherine@dish.co.nz

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Photo by Anneliese Hough

by the glass

Yvonne Lorkin finds big blends can be beautiful…

BLENDED WHITES

Five years ago, while sipping my way around the WineNZ trade show, I noticed an unusual trend – people were blending their whites, and it wasn't pretty. While there's nothing strange about adding a bit of Semillon to the Sauvignon you might say, it was the other combos that had me confused. Riesling, Viognier, Pinot Gris and Muscat were being thrown together, Chardonnay and Gewürztraminer, Gewürztraminer and Viognier, Müller Thurgau and well, pretty much anything. Why was this happening? "Oh we had half a tank of Gewürz, a spare barrel of Chardonnay and some extra Pinot Gris floating around so we thought we'd chuck it all together and Bob's your auntie! We reckon our 'Griswurzonnay' has huge potential." Hmmm. I struggled on, but found those wines boring, bland and blousy. They smacked of something that had been thrown together as an afterthought, certainly nothing to be taken seriously. But those were the bad old days. The world's a different place now and with winter approaching I decided to change my attitude and get back amongst those blends. Good thing I did because I might never have had the pleasure of tasting **John Forrest's The White 2006 ($50)**. The mother of all blends, this draws on Viognier, Pinot Gris, Sauvignon Blanc, Chardonnay, Riesling, Gewürztraminer and Chenin Blanc from Marlborough, Hawke's Bay, Central Otago and the Waitaki Valley. Incredibly aromatic and deliciously dry, it boasts unusual lemongrass, citrus zest, elderflower and nashi-like notes along with mouth-filling complexity, weight and toasty persistence of flavour.

Art, nature and science merge in the form of **Dada 1 2007 ($50)** by Kate Galloway and David Ramonteau. A saucy, sexy (and, I suspect) Sauvignon Blanc-based blend (the winemakers won't confirm or deny) that's perfumed with hay, dried herbs and white flowers. Dadaism is an artistic movement based on deliberate irrationality and negation of traditional artistic values. First impressions suggest the wine is crisp, dry and delicate, but in the mouth it has power and mature character – if Lady Gaga were a wine, she'd be Dada 1.

Waimea Estate's Edel 2009 ($22) combines Riesling, Pinot Gris and Gewürztraminer after inspiration from the wines of Alsace. It has gorgeous lifted minerality, citrus blossom and lychee notes along with poached pear and five-spice and a long, lingering finish. The **Bellbird Spring Home Block White 2009 ($30)** is created from Pinot Gris, Riesling, Gewürztraminer and Muscat grown on a single vineyard in Waipara's Glasnevin Gravels. Gorgeous lifted florals mix with honeyed stonefruit characters to leave a rich, softly spicy, oily and textural mouth feel. And finally, **Alpha Domus The Aviatrix 2009 ($23)**. This intriguing Hawke's Bay blend of Sauvignon, Chardonnay and Viognier is a must with the 'Pork Fillet with Apple and Shallot Sauce' recipe in our Easy Everyday section. Jasmine and citrus blossom aromas and nutty, toasty complexity in the mouth make it a must sip.

DARK HORSE OF THE FAMILY

New pony in the paddock, Dark Horse Vineyard, is ready to bolt. Their debut Cabernet Merlot has winemaker Juliet Lyons very excited. "We grow grapes to the highest standards to make the very best wine we can. Our philosophy is to make single estate-grown handcrafted wines derived from nature." Well, they all say that, but the proof is in the wine, which is ripe, ready and raring to go. The Lyons family has been growing grapes on Mere Road in Hawke's Bay's Gimblett Gravels district for more than 20 years and in addition to their Cab Merlot, a sensational Syrah is on its way. Visit online at darkhorsevineyard.co.nz for where to buy.

V IS FOR VICTORY

Villa Maria scooped the 'Champion Other Whites or Reds' trophy at the Royal Easter Wine Show for its 2008 Single Vineyard Ihumatao Verdelho – the first ever trophy for this variety in New Zealand. "Villa Maria and associated brand Esk Valley are leading the charge for Verdelho production in New Zealand, so to win a trophy for the Single Vineyard Verdelho gives us confidence that we are getting the techniques right and heading in the right direction," says Villa Maria's Senior Auckland Winemaker Nick Picone. Verdelho originates from the small volcanic island of Madeira and, coincidentally, has found a home for itself in the extinct volcanic basin that is Villa Maria's Ihumatao vineyard in Auckland. It's also one of only three wines grown on the Estate. In addition to Verdelho, Villa Maria is enjoying the increased popularity of the rare French variety Viognier. Sales of Viognier grew 260 per cent in 2009, with domestic sales increasing by a whopping 350 per cent.

TEAM AMERICA

It was the Americans who took top honours this year at the international 42Below Cocktail World Cup, snatching the title in a fast-paced, furious frisson of 'flair' (that's bar-speak for throwing bottles around). Following a week of extreme cocktail challenges in the deep south, the Old Museum Building in Wellington played host to a rock star-themed event that pitted teams of the world's best 'mixologists' in a battle to create the best burst of flavour

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From left: John Forrest's The White 2006; Dada 1 2007; Waimea Estate Edel 2009; Bellbird Spring Home Block White 2009; Alpha Domus The Aviatrix 2009; Dark Horse Gimblett Gravels Cabernet Merlot 2007.

in a glass. Team America's winning cocktail was made with 42BELOW Pure, apple bitters, lime thyme syrup and an artichoke aperitif and was entitled 'I have too much thyme on my hands right now at this point in my life'.

CELLAR DOOR CELEBRATIONS

Gibson Bridge has been judged Best Cellar Door in Marlborough, despite the fact it only opened two and a half years ago. Owners Howard and Julie Simmonds are thrilled with the title. "Moving into the wine industry has been a late-found career for us both," says Howard. "It has been five and a half years, seven days a week…so this acknowledgement is an absolute delight."

He says their aim was to create a wine studio that reflected the quality and passion of their wines. Their ability to impart information in a friendly and knowledgeable way was also commented on by the judges. The Marlborough Cellar Door competition has been run by Wine Marlborough for the past four years, with each cellar door in the region visited twice by mystery shoppers during the busy summer months. They're all judged on a variety of business aspects, including the service given over the telephone, knowledge of the local wine industry right through to the experience of tasting wines in person. In each of the six categories, Gibson Bridge scored a perfect 100 per cent, a never before achieved feat. Gibson Bridge is in Renwick, for details visit online at gibsonbridge.co.nz

DISH PROMOTION

Chinese Steamed Fish

Use the Gaggenau Combi-Steam Oven to create this deliciously healthy Asian-inspired dish.

1 x 850 gram snapper, (or any other firm white fish) cleaned and scaled

4 kaffir lime leaves

4 slices ginger

handful coriander stalks

Sauce

1 tablespoon sesame oil

2 tablespoons vegetable oil

2 cloves garlic, thinly sliced

2 tablespoons julienne ginger

2 tablespoon Chinese shaoxing cooking wine

2 tablespoons soy sauce

1 teaspoon sugar

juice of ½ a lime

To serve

1 long red chilli, seeded and finely sliced

2 spring onions, thinly sliced

small handful each coriander and mint

Preheat the combi oven to 100°C with steam set at 100%.

Line the unperforated cooking insert with baking paper.

Fish: Stuff the cavity with the kaffir lime leaves, ginger and coriander stalks and place the fish on the baking paper.

Steam for 15-20 minutes.

Discard the stuffing and carefully drain off the cooking liquids around the fish. These can sometimes taste a little bitter and will dilute the sauce.

Carefully transfer the fish to a serving platter.

Sauce: Heat the sesame and vegetable oils in a small saucepan until hot. Add the garlic and ginger and sauté until the garlic is just starting to colour. Add the shaoxing, soy and sugar, take care as it will bubble furiously and cook for 1 minute, stirring constantly. Add the lime juice.

To serve: Immediately pour the sauce over the fish and garnish with the chilli, spring onions and herbs. Serve with hot cooked rice if desired.
Serves 4

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Use Tatua Farms Mascarpone for Dish recipes pages 79 and 83.

Tatua Sour Cream

A cultured soft and creamy long life sour cream. The velvety texture and distinctive tangy flavour make it a perfect addition to nachos, baked potatoes, pizza or vegetable mash. Add a swirl to soup before serving, or create quick and easy dips and dressings. It's delicious in sweet recipes too, such as cheesecakes, tarts and cakes. Keep an eye out for Tatua's fresh new look packaging.

Use Tatua Sour Cream for Dish recipes pages 66 and 102.

Tatua Farms Crème Fraiche

A European-style cultured cream. Use this to add a deliciously tangy flavour to soups, risottos and pasta sauces or sweet desserts. Great for cooking as it won't curdle or separate on heating. Add it as a topping to gourmet pizza, nachos or waffles; or create delicious cheesecakes, tarts and cakes. It's also an ideal accompaniment to fresh or poached fruit.

Use Tatua Farms Crème Fraiche for Dish recipes pages 62 and 107.

For more great recipe ideas check out www.tatua.com/recipes or phone Tatua Consumer Products on 0800 482 882.

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recipes

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Styling by Lisa Morton and Catherine Bell
Props by Lianne Whorwood
Drink matches by Yvonne Lorkin
For where to buy see pg 129

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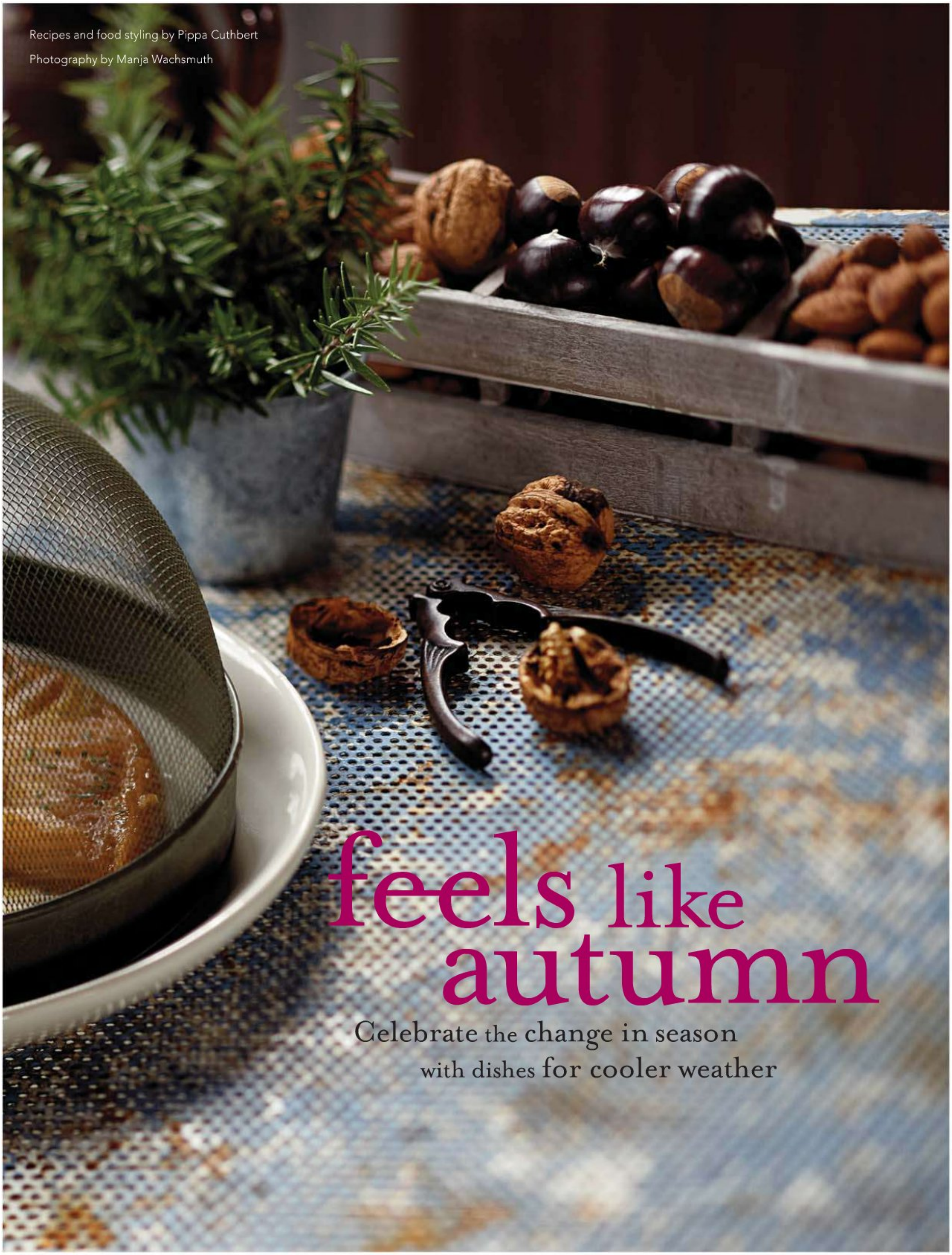
Recipes and food styling by Pippa Cuthbert
Photography by Manja Wachsmuth



feels like autumn

Celebrate the change in season with dishes for cooler weather

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Duck and Cinnamon Pear Salad with Crispy Wontons

3-4 duck breasts

sea salt and freshly ground pepper

Pears

2 firm pears, peeled, cored and cut into eighths

20 grams butter

1 tablespoon runny honey

pinch ground cinnamon

Dressing

juice of 1 orange and 1 lime

1 tablespoon runny honey

1 teaspoon grated ginger

¼ teaspoon sesame oil (optional)

1 teaspoon soy sauce

To serve

8-12 square wonton wrappers

vegetable oil for frying

1 radicchio, broken into leaves

100 grams baby spinach leaves

2 spring onions, finely sliced

Preheat the oven to 180°C.

Using a sharp knife, score the skin of the duck in a criss-cross pattern without cutting all the way through. Season and set aside.

Heat a large non-stick ovenproof sauté pan until hot and add the duck skin side down. Cook for 4-5 minutes or until golden brown and crispy. Turn the duck over, drain off any excess fat and place in the preheated oven for a further 15-18 minutes or until cooked to your liking. Rest for 5 minutes before slicing.

Pears: Heat the butter, honey and cinnamon in a large non-stick sauté pan until sizzling. Add the pears and cook, turning frequently, over a moderate heat for 5-7 minutes or until lightly golden but still firm. Remove from the pan and set aside.

Heat 5 cm of vegetable oil in a saucepan until a cube of bread turns golden in about 30 seconds. Cut the wonton wrappers in half into triangles and fry until just golden. Remove using a slotted spoon and drain on kitchen paper.

To serve: Place the radicchio, spinach, spring onions, pears, duck and dressing in a large bowl and gently toss to combine. Serve on individual plates with the crispy wontons. Serves 4

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Mushroom and Lentil Soup
with Gorgonzola Polenta Croutons

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Mushroom and Lentil Soup with Gorgonzola Polenta Croutons

Croutons
- 400 ml water
- 100 grams instant polenta
- 30 grams Gorgonzola or creamy blue cheese
- 30 grams grated Parmesan cheese
- sea salt and freshly ground pepper
- oil for frying

Soup
- 30 grams butter
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 tablespoon finely chopped rosemary
- 100 grams puy lentils
- 600 grams mixed mushrooms: brown or white buttons and Portobello, sliced
- 3 tablespoons Marsala
- 2 cups beef, chicken or vegetable stock
- large handful flat-leaf parsley, roughly chopped

To serve
- Parmesan

Croutons: Line a 22 cm x 12 cm loaf tin with plastic wrap. Bring the water to the boil in a large saucepan and salt it. Gradually add the polenta in a thin stream, stirring continuously with a whisk until smooth. As soon as it boils reduce the heat to medium. Add the Gorgonzola and Parmesan and continue to cook, stirring occasionally with a wooden spoon, for about 4-6 minutes until thick. *Take care as polenta tends to spit*. Season.

Remove from the heat and pour into the prepared tin. Using a dampened palette knife or the back of a spoon, spread it evenly and smooth off the surface. Leave the polenta to cool and set for at least 30 minutes. *This can be done up to 2 days in advance. Cover and refrigerate until ready to use*. Once set, cut the polenta into 1 cm-1.5 cm cubes.

Soup: Heat the butter and oil in a medium saucepan until sizzling. Add the onion, sauté for 3-4 minutes until translucent but not browned, then stir in the rosemary and lentils. Add the Marsala and let it sizzle then stir in the mushrooms.

Cook over a high heat until the mushrooms are soft, then add the stock. Bring to the boil then reduce the heat and simmer for a further 20 minutes. Stir through most of the parsley just before serving.

To serve: Heat a little oil in a large non-stick sauté pan and fry the polenta on all sides until golden and crispy. Remove from the pan and drain on kitchen paper.

Serve the soup in individual bowls topped with croutons, grated Parmesan and extra torn parsley leaves. **Serves 4**

Pantry note

Marsala: a fortified wine from Sicily. Dry Marsala can be drunk as an aperitif or added to savoury dishes. The sweet version is also used in cooking, such as in the classic dessert, Zabaglione.

Papardelle with Walnut Pesto and Roasted Pumpkin

- 1 kilogram pumpkin
- 2 teaspoons olive oil
- 10-12 sage leaves, roughly chopped
- sea salt and freshly ground black pepper

Pesto
- 175 grams freshly shelled walnuts
- 1 clove garlic, roughly chopped
- 60 grams finely grated Parmesan cheese
- 75–100 ml extra virgin olive oil

To finish
- 2-3 tablespoons cream
- large handful rocket, tough stalks removed
- 250 grams papardelle pasta

Preheat the oven to 190°C. Remove the seeds and skin from the pumpkin and cut into 2 cm cubes. Place on a baking tray and drizzle over the 2 teaspoons olive oil. Season and toss to coat. Roast for 15-20 minutes, toss the pumpkin and add the sage leaves then cook for a further 5 minutes or until golden and tender. Remove from the oven, set aside and keep warm.

Pesto: Place the walnuts, garlic and cheese in a food processor. Season generously then add a little of the oil. Blend to combine then with the motor running, slowly add the remaining oil.

Cook the papardelle in well salted, boiling water until al dente or as you like it. Drain and immediately toss through the pesto and enough cream to slacken it slightly. Mix to coat well then serve topped with pumpkin and rocket leaves. **Serves 4**

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Smoked Fish and Parsnip Cakes
with Horseradish and Watercress Cream
[see recipe following page]

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Leek, Cider and Porcini Pot Roast Chicken
[see recipe following page]

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Smoked Fish and Parsnip Cakes with Horseradish and Watercress Cream

Fish cakes

- 500 grams smoked fish e.g hapuka
- 300 grams parsnips
- 300 grams floury potatoes
- 2 tablespoons butter
- 1 tablespoon horseradish sauce
- 2 teaspoons finely grated ginger
- 2 spring onions, finely sliced
- sea salt and freshly ground pepper

To coat

- ½ cup flour
- 2 eggs, beaten
- ½-1 cup coarse dried bread crumbs
- 4 tablespoons sesame seeds
- olive oil

Horseradish cream

- 3 tablespoons horseradish sauce
- 150 ml crème fraîche
- 100 grams watercress, large sprigs removed
- zest of 1 lemon

Remove the skin and bones and flake the fish into a large bowl and set aside.

Peel the parsnips and potatoes and cut into chunks. Cook in boiling salted water for about 15 minutes or until tender. Drain and return to the dry pan over low heat to steam off any residual water. Remove from the heat and add the butter, fish, horseradish sauce, ginger and spring onions. Season with salt and pepper.

Mix well until evenly combined then divide the mixture into 8 equal portions (about 100 grams each). Roll each portion into a ball then flatten into cakes.

Crumbs: Prepare three plates, one with flour, one with eggs and one with the breadcrumbs and sesame seeds combined. Dip the cakes in the flour, then the egg, then into the crumb mixture. Place on a tray lined with baking paper and refrigerate for 1 hour.

Horseradish cream: Place all the ingredients in a food processor or blender and process until combined.

Heat enough oil to coat the base of a large non-stick sauté pan over moderate heat. Fry the cakes for 3-5 minutes on each side until golden brown and hot through. Serve at once with the horseradish cream, extra watercress and lemon wedges. Serves 4

Leek, Cider and Porcini Pot Roast Chicken

- 20 grams dried porcini mushrooms, or other dried mushrooms
- 1 x size 16 free-range chicken
- sea salt and freshly ground pepper
- 15 grams butter
- 150 grams bacon cut into cubes
- 2-3 leeks, cut into 3 cm pieces
- large handful thyme sprigs
- 1 cup cider
- 1 tablespoon wholegrain mustard
- 2-3 tablespoons cream

To serve

- crusty bread

Preheat the oven to 170°C. Soak the porcini in 150 ml boiling water.

Pat the chicken dry with kitchen paper and remove any giblets. Season it generously with salt and pepper.

Melt the butter in a large, heavy-bottomed casserole dish which will fit the chicken snugly. Brown the chicken gently on each side, using a couple of large wooden spoons to move it around. Carefully remove the chicken from the pan and set aside.

Drain the liquid from the mushrooms, reserving it, and roughly chop the mushrooms. Add the bacon to the pan and cook until golden then add the leeks, mushrooms and thyme. Sauté for a further 3-4 minutes before carefully returning the chicken to the pan. Pour over the mushroom liquid and cider. Bring to the boil then immediately reduce to a simmer.

Cover the pan and place in the oven for 45 minutes-1 hour or until the chicken is cooked and juices run clear when a knife is inserted into the thickest part. Remove the chicken from the pan, cover with foil and keep warm in a low oven.

Place the pan back over the hob and bring to the boil. Add the mustard and cream and simmer until the sauce just coats the back of a spoon. Garnish the chicken with extra thyme leaves and serve immediately with the sauce and crusty bread. Serves 4

Prop Credits:

Opening shot: tabletop and wine jug – Philippe's French Antiques & Interiors; plate, food cover and wooden box with herb tins – CC Interiors.

Duck and Pear Salad: plate – Maytime Marketing; wine jug – Philippe's French Antiques & Interiors; cutlery – Antiques of Epsom; napkin – Country Road.

Mushroom and Lentil Soup: background tabletop, café table and bowl in background – Philippe's French Antiques & Interiors; bowls – CC Interiors; spoons – Antiques of Epsom; napkin – Country Road.

Autumnal Coleslaw: salad bowl and servers – Country Road; small bowl – Madder & Rouge.

Beef and Caramelised Shallot Pies: cutlery and plate – Antiques of Epsom; wooden board – Corso de Fiore.

Leek, Cider and Porcini Pot Roast Chicken: Le Creuset oval baker – Domestic Agencies; serving spoon and cutlery– Antiques of Epsom; basket – Maytime Marketing; stack of plates – Country Road.

Parpadelle with Walnut Pesto: fabric used as table runner – AB Fabrics; bowls – Corso de Fiore; cutlery – Antiques of Epsom; bowl in background – Philippe's French Antiques & Interiors.

Smoked Fish Cakes: napkins – Country Road.

Apple and Rosemary Tarte Tartin: plate and food cover – CC Interiors; knife and cake slice – Antiques of Epsom; stack of plates – Country Road. Slice on plate – Country Road; bowl – Philippes French Antiques & Interiors; fork – Antiques of Epsom.

See 'Where to Buy' pg 129. All other props stylist's own.

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Beef and Caramelized Shallot Pies
with Cauliflower Tops
[see recipe following page]

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Beef and Caramelized Shallot Pies with Cauliflower Tops

30 grams butter
1½ tablespoons olive oil
18 shallots, peeled but left whole
3 bay leaves
1 tablespoon sugar
1 tablespoon white wine vinegar
sea salt and freshly ground pepper
1 kilogram chuck or blade steak
3 tablespoons plain flour
1 tablespoon tomato paste
1 cup red wine
2 teaspoons Dijon mustard
2 cups beef stock

Topping
1 large floury potato, about 300 grams, peeled and cubed
½ small cauliflower, about 350 grams, cut into florets
45 grams butter
1-2 teaspoons Dijon mustard
3-4 sheets ready-rolled puff pastry
6 x individual pie tins

Preheat the oven to 170°C

Heat the butter and 1 tablespoon of the oil in a large sauté pan until sizzling, add the shallots, bay leaves, sugar and vinegar. Stir well then reduce the heat and cook the shallots slowly for 10-15 minutes or until lightly golden but still holding their shape. Season with a little black pepper then remove from the pan and set aside.

Trim the beef of any gristle, cut into cubes and toss in seasoned flour. Heat the remaining oil in the same pan, add the beef and cook until golden all over. Stir in the tomato paste and red wine letting the red wine bubble away then stir in the Dijon mustard, salt, pepper and beef stock.

Transfer the mixture to a casserole and cover the surface directly with baking paper. Cover the pan and cook in the oven for 1¼-1½ hours. Remove from the oven and leave to cool completely, preferably overnight.

Topping: Cook the potato and cauliflower in boiling salted water until tender. Drain well and mash with the butter and Dijon mustard. Season and set aside to cool.

Preheat the oven to 180°C. Line the pie tins with pastry and prick the base a couple of times using a fork. Divide the cold filling between the tins then top with the cauliflower mash. Bake in the oven for 20-25 minutes or until the tops are golden brown and the filling is piping hot. Serve with sautéed kale or other greens of choice. Makes 6 individual pies

Autumnal Coleslaw

Coleslaw
1 small celeriac, 250–300 grams, julienne
1 fennel bulb, finely sliced
2 green apples, julienne
4-6 radishes, finely sliced
2 celery sticks, finely sliced plus leaves
4–6 baby beetroot, peeled and julienne (optional)
70 grams hazelnuts, toasted, skinned and roughly chopped

Dressing
100 grams crème fraîche
2 teaspoons Dijon mustard
zest and juice 1 lemon
sea salt and freshly ground pepper

Place all the coleslaw ingredients except the beetroot (if using), hazelnuts and a few of the celery leaves, in a large mixing bowl. Toss to combine and set aside.

Dressing: Combine the crème fraîche, Dijon mustard and lemon zest and juice in a small jug. Mix to combine and season. Pour the dressing over the salad and toss until well combined. Gently stir through the beetroot if using, then the hazelnuts. Transfer to a serving bowl and add any remaining celery leaves before serving. Serves 4

Julienne – see technique page 128.

More at ebook-free-download.net or magazinesdownload.com

Apple and Rosemary Tarte Tatin
[see recipe following page]

More at ebook-free-download.net or magazinesdownload.com

Apple and Rosemary Tarte Tatin

100 grams butter
½ cup brown sugar
juice of ½ lemon
4 cooking apples
1 teaspoon finely chopped rosemary

Pastry
200 grams plain flour
175 grams unsalted butter
100 grams sour cream

Preheat the oven to 180°C.

Place the butter, sugar and lemon juice in a 26 cm heavy-based ovenproof sauté pan. *Cast iron is ideal.* Bring to the boil and gently simmer for 4-6 minutes or until caramelized. Remove from the heat and set aside to cool a little.

Peel, quarter and core the apples. Make 5-6 slices through each quarter, leaving them intact at one end. Toss the apple through the rosemary.

Pastry: Place the flour, butter and sour cream in a food processor and pulse until just combined. Transfer to a lightly floured surface and roll out to a 28 cm diameter circle. Place the apples in the caramel with the rounded sides down then gently place the pastry over the pan. Trim it, using the edge of the pan as a guide. Tuck the pastry in and around the edges using the back of a spoon or a palette knife.

Bake 25-35 minutes or until the pastry is puffed and golden. Rest for 10-15 minutes before inverting onto a serving plate. Serve warm, in slices, with cream or ice cream. Serves 6-8

and to drink...

Wine writer Yvonne Lorkin suggests wine matches for these dishes

Duck, Caramelised Pears and Crispy Wonton Salad

If you love your Pinot Gris bursting with white peach, succulent citrus and perfectly ripe poached pear then **Wild South Marlborough Pinot Gris 2009 ($18)** has your name all over it. One sip and you'll be wowed by the tongue-tingling minerality, clean thirst-quenching freshness and luscious length of flavour.

Widely available or visit online at wildsouthwines.co.nz

Mushroom and Lentil Soup

Sherry and soup? It may sound weird but believe me, the **Gonzalez Byass Elegante Fino Sherry ($27)** works beautifully here. The aromas of rosemary, rich savoury texture of the mushrooms and tangy croutons are accentuated by the yeasty, dry, almond-like character of this fino.

To order visit online at regionalwines.co.nz or for stockists phone Negociants on 0800 634 624

Parpadelle with Walnut Pesto and Roasted Pumpkin

Walnuts and Semillon is a match made in heaven, and the delicious hay and dried herb notes of the **Hawke's Ridge Semillon 2009 ($25)** give a lifted kick to the toasty, nutty parpadelle and pumpkin – total perfection!

To order visit online at hawkesridge.co.nz or phone 06 874 9668

Smoked Fish and Parsnip Cakes

Dog Point Section 94 Sauvignon Blanc 2008 ($34) is a Fumé-style Sauvignon, which lends a smoky, savoury note to the smoked fish and adds some crisp white peach, hazelnut and hints of flint to create an outstanding match.

To order visit online at redwhitecellar.co.nz

Leek, Cider and Porcini Pot Roast Chicken

The **Craggy Range Gimblett Gravels Chardonnay 2009 ($29)** offers fresh, vibrant aromas of mandarin, grapefruit and hints of toasty oak; all of which burst in the mouth and shake things up before leaving a zingy, textural finish. It's a wine that works seamlessly with this rich, savoury chicken dish.

To order visit online at craggyrange.com

Beef and Caramelised Shallot Pies

The **Elephant Hill Syrah 2009 ($29)** is packed with pepper and plum, making it a no-brainer with these rich, meaty pies. The solid weight and gripping length of this Hawke's Bay Syrah also cuts through the pastry and potato perfectly.

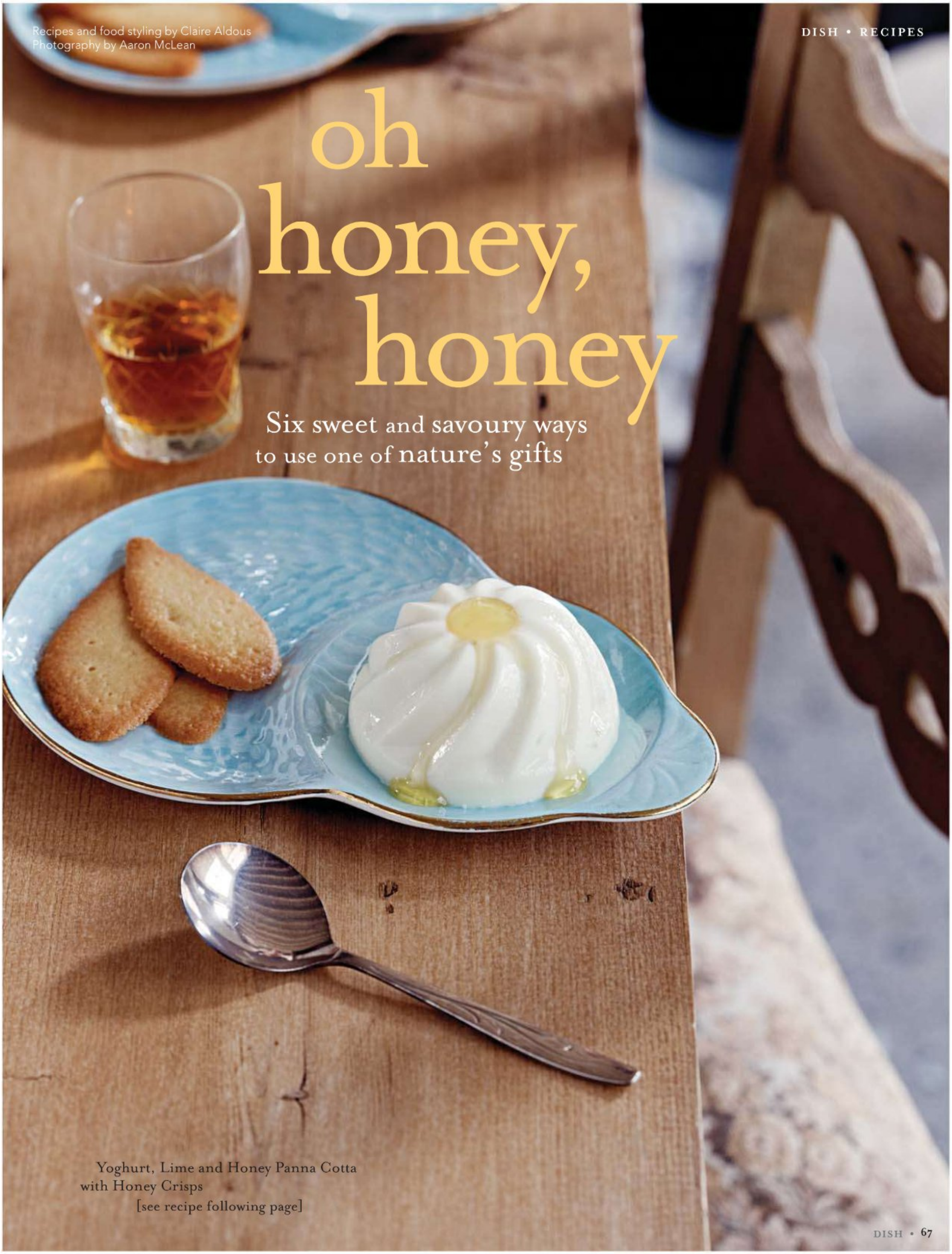
To order visit online at elephanthill.co.nz

Apple and Rosemary Tarte Tartin

Aromas of honey, mango and apricot in the **Pegasus Bay Aria Late Picked Riesling 2008 ($37)** lead to a succulent, spritzy-fresh yet powerfully built sticky with stunning length of flavour that really suits this classic tangy apple dessert.

To order visit online at pegasusbay.com

More at ebook-free-download.net or magazinesdownload.com



Recipes and food styling by Claire Aldous
Photography by Aaron McLean

oh honey, honey

Six sweet and savoury ways to use one of nature's gifts

Yoghurt, Lime and Honey Panna Cotta with Honey Crisps
[see recipe following page]

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Yoghurt, Lime and Honey Panna Cotta

- 4 leaves of gelatine
- 1 cup milk
- ⅓ cup honey
- 1 cup buttermilk
- 1 cup thick, plain yoghurt
- finely grated zest 1 lime

To serve

- extra honey
- 6 x ½ cup capacity ramekins or moulds

Lightly grease the ramekins or moulds with a flavourless cooking spray. Put the gelatine sheets in a shallow bowl, cover with cold water and soak for 10 minutes. Combine the milk and honey in a small saucepan over a medium heat and stir to dissolve the honey. Take care not to let the milk boil. Remove from the heat.

Take the gelatine out of the water and squeeze to remove the excess liquid. Add to the hot milk, stirring until dissolved. Cool for 10 minutes.

Whisk the buttermilk, yoghurt and lime zest in a bowl until smooth. Gradually whisk in the milk. Pour the mixture into the ramekins and refrigerate until set, about 4 hours or overnight.

To serve: Carefully run a knife around the inside rim of the ramekins. Place a plate on top of each one then gently invert. Give them a gentle shake if they don't come out immediately. Drizzle with honey and serve with the honey crisps. Serves 6

The poached apricots from page 72 also make a lovely accompaniment.

Honey Crisps

- 85 grams butter at room temperature
- ½ cup icing sugar, sifted
- ½ cup honey
- ⅔ cup plain flour

Preheat the oven to 160°C. Line 2 flat baking trays with a Teflon sheet or baking paper.

Beat the butter and icing sugar until light and fluffy. Beat in the honey then the flour until well combined.

Spoon small teaspoonfuls of batter 3 cm apart on the trays and gently spread to a 2 cm circle or using a template*, spread with a layer of batter and carefully lift off. Bake for 4-5 minutes, turning the tray for even browning. Cool for 3 minutes before removing to a cooling rack. Repeat until all the batter has been used. Store in an airtight container, placing baking paper between the layers.
Makes about 50 small biscuits

Cook's Tip

To make a template: trim the edges off the lid of a plastic container. Draw your desired design onto the lid and cut it out, using a scalpel or box cutter. Place the template on the baking tray and using a pastry scraper or small palette knife spread over the batter, scraping the excess batter off the template in between making each biscuit and putting it back in the bowl. It might take you a few biscuits to get the hang of it, but there is plenty of batter to experiment with.

Grape and Blue Cheese Schiacciata with Honey

This easy flat bread with its moreish sweet/savoury flavours can be served with drinks, as a snack, or with salad as a light lunch.

Dough

- 2½ cups plain flour
- ½ teaspoon sea salt
- 1 teaspoon instant dried yeast
- 1 cup warm water
- 1 tablespoon olive oil
- 2 tablespoons honey

To assemble

- 2 tablespoons olive oil
- 400 grams seedless red grapes
- 150 grams blue cheese, crumbled into small pieces
- 1 tablespoon finely chopped thyme
- 3 tablespoons honey
- lightly brush a 30 cm ovenproof sauté pan or cake tin with olive oil

Dough: Place the dry ingredients in the bowl of an electric mixer. With the mixer going, gradually add the water, olive oil and lastly the honey and beat on low speed for 5 minutes. The dough should be smooth and elastic. If the dough is very loose, add a little extra flour. Place the dough in a lightly oiled bowl, cover with plastic wrap and set aside in a warm place for 1-2 hours until doubled in size.

Preheat the oven to 180°C.

To assemble: Divide the dough in half. Roll one piece out on a lightly floured bench to fit the base of the tin.

Lightly brush the dough with olive oil and scatter with half the grapes, blue cheese and thyme and drizzle with half the honey.

Roll out the second piece of dough and place on top, pinching the edges together. Brush with olive oil and scatter over the remaining grapes, gently pushing them down into the dough, then top with the remaining blue cheese, thyme and honey.

Bake for 35-40 minutes until golden and puffed.

To serve: Cut into wedges and serve warm, drizzled with extra honey if desired. Serves 8

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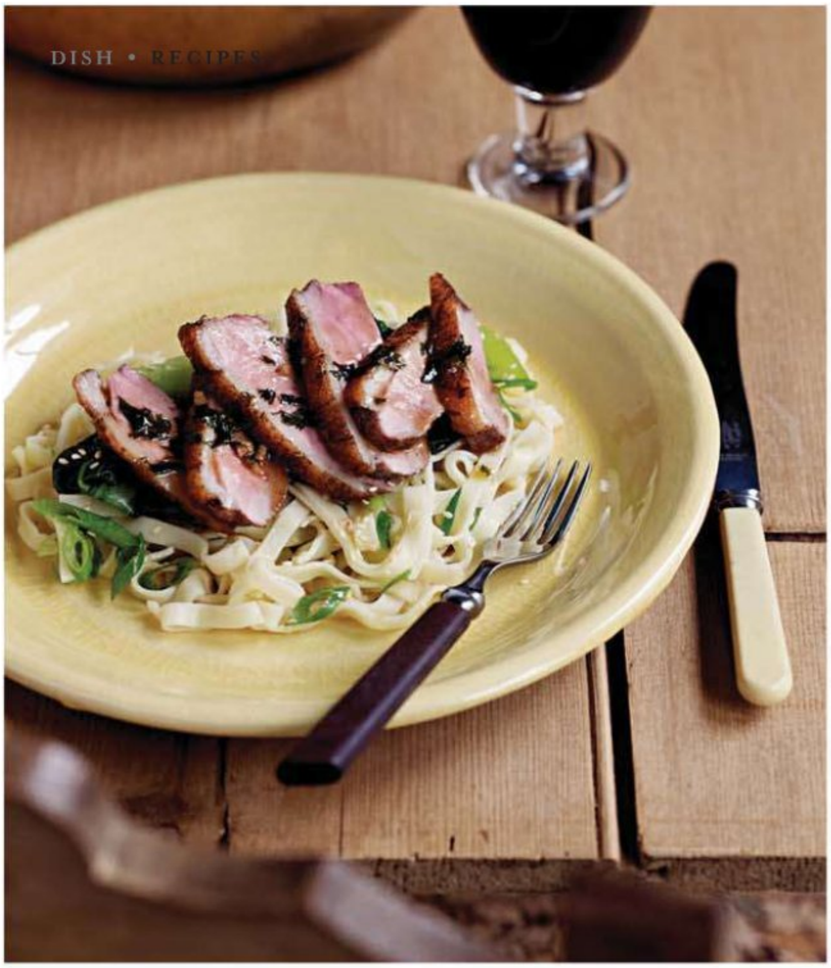
Grape and Blue Cheese Schiacciata with Honey

More at ebook-free-download.net or magazinesdownload.com



Honey Glazed Roasted Root Vegetables

1½ kilograms mixed root vegetables – any selection of parsnips, kumara, baby carrots, turnips and beetroot, Jerusalem artichokes, celeriac, whole unpeeled garlic cloves

4 tablespoons olive oil

2 teaspoons sweet smoked paprika

2 teaspoons cumin seeds

¼ cup honey

3 tablespoons balsamic or sherry vinegar

1 tablespoon finely chopped rosemary

sea salt and freshly ground pepper

Preheat the oven to 180˚C.

Scrub the baby vegetables, only peeling them if necessary. *Don't peel the baby beetroot as they will bleed through the rest of the vegetables*. Peel the larger vegetables and cut into large chunks or wedges.

Combine the remaining ingredients in a large bowl, add the vegetables and toss well.

Place in a single layer on a large lined baking tray, grouping each type together.

Season generously and roast for about 40 minutes, turning the vegetables occasionally until they are glazed and tender. Serves 8

Honey Spiced Duck

4 single duck breasts, skin on

½ teaspoon Chinese five spice

1 teaspoon sea salt

freshly ground pepper

Sauce

2 tablespoons honey

1 tablespoon red wine vinegar

1 clove garlic, crushed

½ cup chicken stock

1 tablespoon chopped coriander or flat-leaf parsley

To serve

200 grams thin egg noodles

2 teaspoons sesame oil

2 spring onions, thinly sliced

2 teaspoons sesame seeds, toasted

blanched bok choy, optional

Using a very sharp knife, lightly score the skin of the duck breasts in a criss cross pattern.

Put the five spice, sea salt and pepper in a small bowl and crush together with the back of a teaspoon to meld the flavours. Sprinkle onto both sides of the duck and rub in well. Cover and refrigerate if not cooking immediately.

Heat a sauté pan over a low heat. Place the duck, skin side down and cook for 10 minutes until the skin is golden and crisp and a lot of the fat has rendered into the pan. Turn the duck over and cook for a further 2-3 minutes. This will give you medium-rare duck but cooking time will depend on the thickness of the meat.

Transfer to a plate, cover loosely and rest for 5 minutes. Spoon off the duck fat, leaving 1 tablespoon in the pan. Place the sauté pan back over the heat, add the honey and simmer for 1 minute. Add the vinegar and let it bubble up then stir in the garlic and chicken stock. Simmer for 5 minutes until reduced and syrupy then stir in the coriander.

To serve: Cook the noodles in boiling salted water until tender. Drain and toss with the sesame oil, spring onions and sesame seeds. Divide between shallow serving plates, adding the cooked bok choy if using. Slice the duck thinly on the diagonal and arrange on top of the noodles. Stir the meat resting juices into the sauce and spoon over the duck. Serve immediately. Serves 4

Cinnamon Buttermilk Hotcakes

(as seen on the cover)

Hot cakes

2 cups self raising flour

½ teaspoon salt

½ teaspoon cinnamon

4 tablespoons brown sugar

2 eggs, separated

400 ml buttermilk

To finish

butter for cooking

plain, Greek-style yoghurt

honey or honey comb

fruit and bacon if desired

Sift the flour, salt, cinnamon and sugar into a bowl. Combine the egg yolks and buttermilk in another bowl then whisk it into the flour ensuring there are no lumps.

Beat the egg whites to soft peaks and using a large metal spoon, gently fold into the batter.

Heat a little butter in a non-stick sauté pan. Add the batter in ¼ cupfuls and cook until small holes appear in the surface. Turn over and cook for 1 more minute. Keep the pancakes warm in a low oven and repeat with the remaining batter. Place a couple of hotcakes on each serving plate, drizzle over some honey or place a piece of honey comb on top and let the honey drizzle out of it. Serve with yoghurt, fruit and bacon.

Serves 4-6

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Honey Glazed Roasted Root Vegetables

More at ebook-free-download.net or magazinesdownload.com

Poached Apricots with Rosemary and Peppercorn Syrup

350 grams moist dried apricots

Syrup

1 cup orange juice

½ cup white wine

½ cup water

½ cup honey

½ cup caster sugar

½ teaspoon whole black peppercorns

3 cm sprig rosemary

To serve

sesame halva with pistachio

Combine all the syrup ingredients in a medium saucepan and bring to the boil, stirring to dissolve the sugar.

Add the apricots and simmer for 20 minutes until the apricots are plump, stirring occasionally.

Using a slotted spoon, transfer the apricots to a bowl and set aside. Boil the syrup for 5 minutes then pour back over the apricots. Cool, cover and refrigerate until ready to serve.

To serve! Divide the apricots between serving dishes and drizzle with syrup. Break the halva into small pieces and serve alongside. Serves 6-8

Cook's Tip

Halva (halwa): this confection has as many variations as it does spellings. It can be made with sesame, semolina or cornstarch. The sesame version has a crumbly texture and is made from a base of tahini (sesame paste) and honey (and sometimes other nuts or seeds) and is flavoured with additions such as orange flower water or rosewater, nuts, dried fruits or cocoa. Halva is available from good supermarkets, specialty food stores and Asian and Indian food stores.

More at ebook-free-download.net or magazinesdownload.com

Honey Nut Tart
[see recipe following page]

More at ebook-free-download.net or magazinesdownload.com

Honey Nut Tart

Use a single type or a combination of nuts in this tart. Look for roasted unsalted nuts, otherwise roast the nuts separately before using (see technique page 128).

Pastry
200 grams plain flour
pinch of salt
½ teaspoon ground cinnamon
4 tablespoons caster sugar
125 grams butter, diced and chilled
2-3 tablespoons cold water

Filling
½ cup each roughly chopped skin-on almonds, brazil and cashew nuts, roasted
½ cup caster sugar
½ cup honey
½ teaspoon sea salt
125 grams butter, diced
finely grated zest 1 orange
½ cup cream
1 egg
1 egg yolk

To serve
icing sugar
softly whipped cream

24 cm x 3.5-4 cm deep loose- based tart tin

Pastry: Place the flour, salt, cinnamon and sugar in a food processor with the butter and pulse to coarse crumbs. Sprinkle over the water and pulse again until the dough just starts to come together.

Tip onto the bench and gently bring the dough together with your hands. Form into a flat disc, wrap and chill until firm.

Preheat the oven to 200°C.

Roll the pastry out on a lightly floured bench and line the tart tin. Patch any holes in the pastry or the filling will leak out and bake onto the base of the tin. Refrigerate or freeze until firm.

Bake the tart blind* for 20 minutes, then remove the baking beans and paper and bake for a further 5 minutes. Cool. Reduce the oven to 180°C.

Filling: Melt the sugar, honey and salt in a saucepan, stirring to dissolve the sugar. Bring to the boil and cook for 2 minutes. Remove from the heat and whisk in the butter and orange zest. Cool for 20 minutes. Whisk the cream, egg and egg yolk in a bowl then whisk in the honey mixture. Scatter the nuts over the base of the tart and gently pour over the filling, redistributing the nuts evenly. Bake for about 40 minutes until the pastry is golden brown and the centre is set but still has a little wobble. Cover loosely with a piece of aluminium foil if the top is getting too brown. Place on a cooling rack and cool completely before removing from the tin.

To serve: Dust with icing sugar and serve with softly whipped cream. A salad of fresh mango with mint is a lovely accompaniment. The tart will keep in an airtight container for 2 days. Serves 8

Cook's Tip

To bake blind: line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C–200°C oven for up to 20 minutes before removing the paper and weights. The shell should now have taken form so return to the oven for the specified cooking time until completely cooked and golden.

and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes

Yoghurt, Lime and Honey Panna Cotta

Lifted creamy peach and mango aromas in the **Brown Brothers Moscato ($17)** lead to a burst of tropical fruit followed by a sweet, spritzy finish that complements these lime and honey flavours and cuts through the milkiness of the panna cotta beautifully.

Widely available, or email djmchenry@brownbrothers.co.nz for stockists

Grape and Blue Cheese Schiacciata with Honey

Herbaceous and hoppy on the nose, and crisp fruity flavours in the mouth make this **Harringtons 'The Rogue Hop' Organic Pilsner** a light but interesting beer that complements the grapes, thyme and creamy blue cheese in this moreish autumn bread.

For stockists or to order online visit harringtonsbreweries.co.nz

Honey Spiced Duck

Purists might say it's sacrilege to open a bottle of Dry River so young, but I say go for it, because the flavours in the **Dry River Gewürztraminer 2009 ($48)** are so fresh, so concentrated and so deliciously complex that it would be a crime to miss out. The Asian aromatics of this duck dish are lifted to another realm by the lychee, ginger and tangelo notes in this wine.

Visit online at dryriver.co.nz

Poached Apricots with Rosemary and Peppercorn Syrup

The musky vanillin sweetness combined with hints of citrus in the debut **Church Road Reserve Noble Marlborough Viognier 2008 ($36)** accentuates the rosemary essence in the honeyed apricots and is a beautiful foil to the peppercorns.

Visit online at churchroad.co.nz or phone Pernod Ricard on 0800 655 550

Honey Nut Tart

Made by the legendary Daniel Le Brun for and with the assistance of his son Remy, the **No.1 Family Estate Cuveé 'Remy' NV ($55)** is a sexy sparkling that boasts delicious aromas of shortbread and hazelnut making it a perfect partner here. It's finely structured with musky, mealy, powdery minerality and great length, but stocks are miniscule so you'd better be in quickly.

Visit online at no1familyestate.co.nz or phone 03 572 9876

Prop Credits:

Yoghurt, Lime and Honey Panna Cotta: Antique pine door used as tabletop and chair – Bashford Antiques: spoons and glass – Romantique; plates – Babushka.

Honey Spiced Duck: Tony Sly plate – Cranfields; rear bowl – Bashford Antiques.

Grape and Blue Cheese Schiacciata: board – Bashford Antiques; plates – Romantique.

Honey Nut Tart: Rockpool platter and plates – Nest; blue bowl – Bashford Antiques.

Poached Apricots: plate – Freedom.

All other props stylist's own.

See 'Where to Buy' pg 129.

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Recipes and food styling by Claire Aldous
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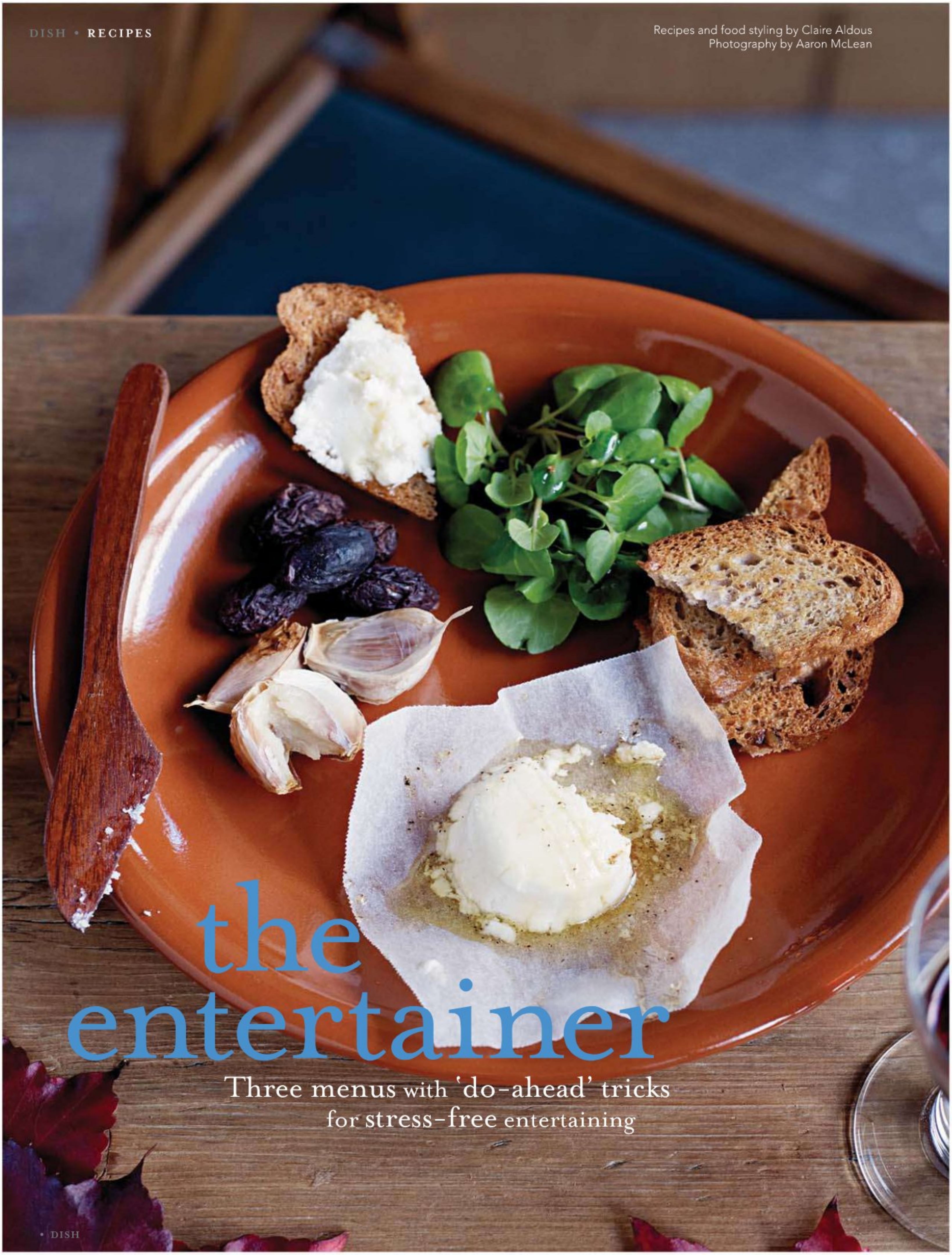

the entertainer

Three menus with 'do-ahead' tricks for stress-free entertaining

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Menu I

Baked Goat's Cheese with Dry Roasted Olives

Braised Pork Shoulder with Fennel and Chorizo

Orange and Semolina Syrup Cake with Fresh Orange and Date Salad

2 days ahead

Dry roast the olives

Make the cake

1 day ahead

Braise the pork (add the carrots when re-heating)

Make the crostini and store in an airtight container

The morning of

Slice the oranges and dates

Baked Goat's Cheese with Dry Roasted Olives

- 12 large garlic cloves, unpeeled
- 20 large black olives
- 150 gram log of goat's cheese
- 2 tablespoons honey
- olive oil
- freshly ground pepper

To serve

- small salad leaves
- crostini or slices of walnut bread, brushed with olive oil and baked until golden

Preheat the oven to 200°C.

Wrap the garlic cloves in aluminium foil. Place on a roasting tray and put the olives alongside. Roast for 15 minutes, stirring the olives twice. Remove the olives and set aside. *They will shrivel on cooling.* Continue to cook the garlic until soft. Cool.

Place 4 small squares of baking paper on a baking tray and turn up the edges to stop the honey running off. Cut the cheese into four and place on the paper. Drizzle with a little olive oil then some honey and freshly ground pepper. Bake for 4-5 minutes until the cheese is hot but not collapsing. Spoon some of the honey back over the top of the cheese.

To serve: Place the cheese, still on the paper, on serving plates with the olives, whole garlic cloves, crostini and a small stack of salad leaves. Serve immediately. Serves 4

Braised Pork Shoulder with Fennel and Chorizo

- 1½ kilograms boneless pork shoulder, skin off
- ½ cup flour
- 3-4 tablespoons olive oil
- 1 chorizo sausage, sliced
- pinch of saffron threads
- 2 cloves garlic, crushed
- zest and juice 1 lemon
- 1 cinnamon stick
- 1 teaspoon fennel seeds
- 12 shallots or pickling onions, peeled with root end left on
- 1 large or 2 medium fennel bulbs cut into thick wedges, feathery tops reserved
- ½ cup white wine
- 1 cup chicken stock
- sea salt and freshly ground pepper
- 1 bunch baby carrots, peeled and tops trimmed

To serve

- reserved fennel tops

Preheat the oven to 150°C.

Cut the pork into large pieces, trimming off excess fat and sinew.

Put the flour in a shallow dish and season well with salt and pepper. Toss the pork in the flour, shaking off the excess.

Heat 3 tablespoons of olive oil in a large casserole dish or ovenproof sauté pan and brown the pork on all sides, taking care not to let the flour catch and burn. *Don't rush this step as you want a good golden crust. Cook the pork in batches if necessary, adding more olive oil if needed.*

Transfer the pork to a plate.

Add the chorizo, saffron, garlic, lemon zest and juice, cinnamon stick, fennel seeds, shallots and fennel to the pan. Season and cook for 10 minutes until lightly browned.

Add the wine and bubble up for 2 minutes. Add the stock and return the pork with any resting juices to the pan and turn to combine. Season. Place a piece of scrunched up baking paper on top of the meat and cover tightly with a lid. Braise for 1 hour, turning the meat once during cooking. Add the baby carrots, cover and braise for a further 30 minutes or until the meat is very tender.

To serve: Transfer the pork to a large serving dish and scatter with the reserved fennel fronds. Serve with cooked green beans, wilted greens such as silverbeet or spinach, and a crisp green salad. Serves 6

Cook's Tip

The pork can be cooked the day before serving. Cool, cover and refrigerate overnight. Use a teaspoon to scrape off the fat that has set on the top of the dish. Add the baby carrots at this point and reheat, covered, in a 180°C oven until hot and bubbling. This can take up to 1 hour. Take care when serving as the vegetables will be very tender.

More at ebook-free-download.net or magazinesdownload.com

Braised Pork Shoulder with Fennel and Chorizo
[see recipe previous page]

More at ebook-free-download.net or magazinesdownload.com

Orange and Semolina Syrup Cake with Fresh Orange and Date Salad

- 125 grams butter
- ½ cup caster sugar
- finely grated zest 1 orange
- 2 eggs
- 2 tablespoons smooth marmalade (I used a lovely Italian blood orange Maramalata)
- ½ cup semolina
- 1 cup plain flour
- 2 teaspoons baking powder

Syrup
- 1 cup orange juice
- ½ cup caster sugar

Orange salad
- 3 oranges
- 4 fresh dates
- fresh mint

To serve
- mascarpone

Preheat the oven to 180˚C.

Grease a 20 cm square cake tin and line fully with baking paper.

Syrup: Put the orange juice and sugar in a small saucepan and heat, stirring to dissolve the sugar. Set aside to cool.

Cake: Melt the butter and stir in the sugar and orange zest. Cool. Whisk the eggs, marmalade and semolina together and stir in the butter. Sift the flour and baking powder together and using a large metal spoon, fold into the batter.

Tip into the tin and bake for 25 minutes until golden and firm to the touch. Immediately start spooning the syrup evenly over the hot cake until most of it has been absorbed. *It will take about 10 minutes for the syrup to soak in but don't worry if there are still pools around the outside, it will eventually be absorbed.* Leave the cake in the tin until ready to serve.

Salad: Peel the oranges with a knife, removing all the white pith. Holding the oranges over a bowl, cut between each membrane to release the segments. Squeeze the juice from the membranes into the bowl. Cut the dates into long strips and combine with the oranges and juice. Toss through the mint just before serving.

To serve: Using the paper, carefully lift the cake out and place on a cutting board. If you want to cut the cake into diamonds, place a ruler at an angle and using a very sharp knife, cut into long strips. Trim off the edges and cut into the desired lengths.

Place on plates and serve with a spoonful of mascarpone and the orange and date salad. Spoon the orange juice over the cake. Serves 8

The cake will store in an airtight container for 3 days.
You can add 2 tablespoons of orange liqueur to the syrup if desired.

and to drink...

Wine writer Yvonne Lorkin suggests wine matches for these dishes

Baked Goat's Cheese

White peach, white pepper and lime notes on the nose in the **Escarpment Vineyard Pinot Blanc 2009 ($29)** lead to a deeply textural, juicy mid-palate with gum-tingling acidity and an ultra-clean finish. It opens up in the glass beautifully and pairs perfectly with goat's cheese.

To order visit online at escarpmentvineyard.co.nz or phone 0800 372 277

Braised Pork Shoulder with Fennel and Chorizo

Spicy slow-cooked pork like this just cries out for tangy, citrus-driven, textural Viognier and this new Hawke's Bay example, **Hawke's Ridge Viognier 2008 ($29)** is just lovely. With lifted jasmine, mandarin and orange zest notes and succulent spices – what more could you want?

To order visit online at hawkesridge.co.nz or phone 06 874 9668

Orange and Semolina Syrup Cake

If you love toffee, honey and tangelos then you'll adore the **Brown Brothers Orange Muscat and Flora, ($15, 375mls)** with this indulgent dessert. It is one of the best value dessert wines around and is widely available.

More at ebook-free-download.net or magazinesdownload.com

Menu 2

Lemongrass and Seafood Soup

Chicken with Zucchini,
Basil, Pine Nuts and Tomato Jam

Ginger Beer Poached Pears

Lemongrass and Seafood Soup

More at ebook-free-download.net or magazinesdownload.com

Up to 1 week ahead
Make the tomato jam

2 days ahead
Poach the pears and reduce the syrup. Pour the cooled syrup over the pears, cover and refrigerate.

1 day ahead
Cook the cockles and mussels and make the soup base. Cover and refrigerate separately.

Marinate the chicken breasts

Soak the currants

(see drink matches pg 87)

Lemongrass and Seafood Soup

This is a very light soup that relies on the freshest seafood and a good quality fish or vegetable stock. Cook the base ahead, reheat and add the seafood just before serving.

16 small mussels
16 cockles
1 cup white wine
750 ml fish or vegetable stock
1 fat stalk lemongrass or 1 tablespoon frozen lemongrass*
1 tablespoon olive oil
1 leek, white and pale green part only, thinly sliced
1 carrot, diced
2 cloves garlic, crushed

To finish
small handful flat-leaf parsley
finely grated zest 1 lemon
1 clove garlic, crushed
8 raw prawns
400 grams firm white fish
16 cherry tomatoes

Scrub the mussels and pull off the beard. Soak the cockles in cold water for 20 minutes to purge the sand.

Place the mussels, cockles and wine in a saucepan over a high heat. Cover and steam until they have opened, shaking the pan occasionally. *Discard any that don't open.* Transfer the shellfish to a bowl, pull off one shell from each and discard. Cool, cover and refrigerate.

Strain the cooking juices through a muslin-lined sieve into a saucepan and add the fish stock.

Cut off the bulb end (white part) of the lemongrass (about 6 cm) and discard the tough leaves. Very finely chop the lemongrass bulb and add to the stock. Bring to the boil and simmer for 5 minutes. Set aside for at least 1 hour or cool and refrigerate until ready to use.

Heat the olive oil in a saucepan and add the leek, carrot and garlic with a good pinch of salt. Cover and cook gently without browning until the vegetables are tender. *Add a splash of water if the pan is too dry.* Strain the soup and discard the lemongrass. Add to the vegetables and simmer for 5 minutes. *The soup can be cooled and refrigerated at this point.*

To finish: Put the parsley, lemon zest and garlic on a board and chop together. Reheat the soup base if made ahead. Cut the fish into large bite-size pieces and season. Add the fish, prawns and tomatoes to the soup, cover and cook over a very low heat until the prawns are pink and the fish is just cooked through.

To serve: Divide the seafood and tomatoes between serving bowls and ladle over the soup. Sprinkle with the parsley and serve immediately. Serves 4

**Bags of frozen, chopped lemongrass are available at Asian food stores. Cut a small piece from the frozen block, about 1 tablespoon, and return the rest to the freezer. Place on a chopping board and chop roughly before adding to the stock.*

Chicken with Zucchini, Basil, Pine Nuts and Tomato Jam

4 small, boneless chicken breasts, skin on
2 tablespoons olive oil
2 teaspoons dried tarragon
finely grated zest 1 lemon

Zucchini
¼ cup currants
2 tablespoons port, Marsala or sherry
2 tablespoons olive oil
small knob of butter
4 zucchini, julienne*
¼ cup pine nuts
¼ cup shredded basil leaves
sea salt and freshly ground pepper

Tomato jam
1 x 400 gram tin crushed Italian tomatoes
finely grated zest and juice 1 lemon
1 teaspoon grated fresh ginger
½ teaspoon ground coriander
¼ teaspoon ground cinnamon
2 teaspoons black or yellow mustard seeds
¼ cup brown sugar

Tomato jam: Place all the ingredients in a saucepan, season and bring to the boil. Reduce the heat and simmer gently for 20-30 minutes until reduced and thick, stirring occasionally.

Cool and store in the refrigerator.

Preheat the oven to 180°C.

Combine the olive oil, tarragon and lemon zest and rub over the chicken. Refrigerate if not using immediately. Remove from the fridge 30 minutes before cooking.

Zucchini: Combine the currants and port, cover and microwave for 1 minute. Set aside to infuse.

Season the chicken generously. Heat a little olive oil in an ovenproof sauté pan and cook the chicken skin side down until a good golden colour. Turn over and transfer to the oven. Roast for 15-20 minutes or until cooked through. *Cooking time will depend on the size of the chicken breasts.* Transfer to a plate, cover loosely and rest for 10 minutes.

Zucchini: Heat the olive oil in a sauté pan and drop in the butter. Add the zucchini and pine nuts, season and toss over a high heat for 2 minutes to just wilt. Add the currants with any liquid and bubble up for 1 minute. Stir through the basil.

To serve: Slice the chicken thinly on the diagonal. Place the zucchini mixture on serving plates and top with the chicken, drizzling with any meat resting juices. Serve with a spoonful of tomato jam. Serves 4. (Tomato jam makes about 1½ cups)

**Julienne – see technique pg 128.*

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Chicken with Zucchini, Basil,
Pine Nuts and Tomato Jam
[see recipe previous page]

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Ginger Beer Poached Pears

Pears and ginger is a perfect match. By using a good quality ginger beer, the syrup is well flavoured but not overly sweet.

Pears

- 4 firm but ripe pears
- 1 vanilla bean
- 3 x 330 ml bottles good quality ginger beer
- ⅓ cup sugar
- zest 1 lemon

To serve

- 150 grams mascarpone or crème fraîche
- ¼ cup finely sliced crystallized ginger

Pears: Peel the pears leaving the stem intact. Halve the vanilla bean and scrape out the seeds with the tip of a knife.

Place the vanilla bean and seeds, ginger beer, sugar and lemon zest in a saucepan that will just hold the pears snugly. Bring to the boil, stirring to dissolve the sugar. Add the pears. Cover with a circle of baking paper and put a small plate on top. *This keeps the pears submerged in the liquid.* Poach very gently for 30-40 minutes until tender but not falling apart, turning the pears once during cooking. Using a slotted spoon, transfer the pears to a bowl, cool then cover and refrigerate.

Place the syrup back over the heat and boil for 20 minutes or until reduced to about 1 cup of syrup. Cool and refrigerate.

To serve: Stir a little ginger syrup into the mascarpone. Put a small spoonful in the centre of each serving plate and place a pear on top. Spoon the remaining cream alongside the pears and top with the sliced ginger. Drizzle over the syrup and garnish with a piece of vanilla bean and lemon zest. Serves 4

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Chicken Liver Pâté with Red Onion and Pomegranate Molasses Relish

Menu 3

Chicken Liver Pâté with Red Onion and Pomegranate Molasses Relish

Braised Scotch Fillet with Marsala and Red Wine Sauce

Roasted Root Vegetable Mash

Hazelnut, Chocolate and Date Baklava

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4 days ahead

Make the red onion relish

3 days ahead

Make the pâté, cover well and refrigerate

Make the baklava filling and store in an airtight container

1 day ahead

Marinate the beef

Make the root vegetable mash

Assemble the baklava. On the day, refresh as per instructions below

Chicken Liver Pâté with Red Onion and Pomegranate Molasses Relish

This is a great do-ahead dish. The onion relish can be made 3 or 4 days ahead and kept in the fridge to improve in flavour. The pâté can also be made up to 3 days ahead and stored well covered in the fridge.

250 grams fresh chicken livers
60 grams butter, divided in half
1 small onion, finely chopped
1 small apple, peeled, cored and sliced
2 cloves garlic, crushed
2 teaspoons chopped thyme
½ teaspoon ground allspice
¼ cup brandy
¼ cup cream
sea salt and freshly ground pepper

Relish
2 tablespoons olive oil
2 large red onions, thinly sliced
2 cloves garlic, crushed
2 teaspoons yellow mustard seeds
2 tablespoons brown sugar
2 tablespoons pomegranate molasses*

Pâté: Clean the chicken livers well and trim out any sinew.

Heat half the butter in a sauté pan and add the onion, apple, garlic and thyme with a good pinch of salt. Cover and cook until very tender and both can be easily crushed with a fork. Scrape the contents of the pan into a food processor.

Reheat the sauté pan with the remaining butter. Add the chicken livers and allspice and season generously. Cook gently until the livers are just pink in the centre. *Don't let them brown.* Using a slotted spoon, transfer the livers to the food processor.

Increase the heat, add the brandy and bubble up for 1 minute. Scrape the contents of the pan into the food processor. Season and with the food processor going, drizzle in the cream. Process for 3-4 minutes until very smooth, scraping down the sides occasionally.

Spoon the pâté into serving dishes and cover the top with plastic wrap, pushing it down onto the surface to seal out the air. Refrigerate.

Relish: Put the olive oil, onions, garlic and mustard seeds in a saucepan. Season, cover and cook for 10 minutes until the onion is tender. Uncover and stir in the sugar and pomegranate molasses. Cook over a gentle heat for 30 minutes until thick and syrupy and the onions are glossy. Tip into a fine sieve to remove excess oil.

To serve: Top the pâté with onion relish or serve on the side. Serve with small toasts or crostini. Makes about 1 cup

Refrigerate the paté for up to 3 days and the onion for 4 days.

**Substitute balsamic vinegar if pomegranate molasses is unavailable.*

**Pomegranate molasses: a thick syrup produced by cooking down pomegranate juice. It is a slightly astringent, sweet-sour condiment used widely throughout the Eastern Mediterranean. Available from specialty food stores.*

Braised Scotch Fillet with Marsala and Red Wine Sauce

1½ kilogram piece scotch fillet
8 pitted prunes
1 tablespoon finely chopped rosemary
2 cloves garlic, crushed

Marinade
8 pitted prunes
½ cup Marsala
1 tablespoon olive oil
1 tablespoon Dijon mustard

Sauce
1 tablespoon tomato paste
1 clove garlic, crushed
1 cup red wine
1 cup good beef stock
sea salt and freshly ground pepper

Using the rounded end of a wooden spoon, push a hole through the centre of the beef. Push 4 prunes from one end into the beef then repeat from the other side*. Tie the beef with kitchen string to secure.

Marinade: Put all the ingredients in a food processor and process until smooth. Tip the marinade into a large zip lock plastic bag. Add the beef, squeeze out all the air and seal. Turn the beef to coat in the marinade then refrigerate for 24 hours, turning occasionally.

To cook: Remove the beef from the fridge at least 1 hour before cooking. Lift out the meat and scrape off the excess marinade with a knife. Reserve the marinade.

Season the beef generously with sea salt and freshly ground pepper. Heat a casserole dish or large sauté pan with a little olive oil. Add the beef and brown on all sides. *Don't let the base of the pan catch and burn.* Cover and cook over a low heat for 20 minutes. Turn the meat over, cover and cook for a further 25 minutes. *This will give you medium rare meat.* Transfer the beef to a plate, cover loosely and rest for 15 minutes. *Don't wash the pan.*

Sauce: Stir the tomato paste and garlic into the pan juices and cook for 2 minutes. Add the red wine and reserved marinade and bring to the boil. Cook at a fast simmer for 5 minutes to cook out the raw wine flavour. Add the beef stock and simmer until syrupy and reduced to 1 cup. *There will be a mass of tiny bubbles on the surface, showing it has reduced.* Season.

To serve: Remove the string and carve the beef thinly. Arrange on a serving platter and pour over any meat resting juices. Strain the sauce into a jug and serve separately along with a bowl of horseradish sauce.

Serve with the roasted root vegetable mash (see recipe pg 87) and a green vegetable or salad. Serves 6-8

**You can leave out this step. Simply marinate the beef and it will be just as delicious.*

**Marsala – see Pantry Note pg 59*

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Hazelnut, Chocolate and Date Baklava

More at ebook-free-download.net or magazinesdownload.com

Roasted Root Vegetable Mash

Peel and chop 2 kilograms of mixed root vegetables. Add 6 unpeeled cloves of garlic, toss with olive oil and season well. Use any combination of parsnips, pumpkin, kumara, carrots and celeriac. Cover and roast in a 200°C oven until very tender. Pull out the garlic cloves and tip the vegetables into a food processor. Squeeze the garlic out of their skins into the processor. With the motor running, drizzle in 4 tablespoons of cream or milk and process until smooth. Season. Tip into a warm serving bowl.

Hazelnut, Chocolate and Date Baklava

The baklava are best served on the day of making. If you do make them ahead, reheat in a 180˚C oven for 3-4 minutes to re-crisp them, but cool before serving.

- 6-8 sheets filo pastry
- ½ cup melted butter

Filling

- 70 grams hazelnuts, roasted and chopped*
- ⅓ cup brown sugar
- ½ teaspoon each ground cinnamon and ginger
- ¼ teaspoon each ground cloves and cardamom
- 50 grams dark chocolate (68% cocoa), chopped
- ¼ cup finely chopped dates

To serve

- icing sugar for dusting
- rose Turkish delight, optional

Preheat the oven to 180˚C.

Filling: Put all the filling ingredients into a food processor and pulse until finely chopped but not turning into a paste. Any large pieces of filling will rip the pastry when rolled.

To assemble: Lay one sheet of filo on the bench with the short end towards you. Keep the remaining pastry covered with a damp tea towel to prevent it drying out.

Brush half the sheet with butter and sprinkle with three tablespoons of filling. Fold the top, un-buttered half, over the filling. Brush with butter. Cut into 3 x 7 cm wide strips and roll up firmly into small cigars. Brush with butter and place on a lined baking tray. Repeat with the remaining pastry and filling, wiping the bench clean before laying out the next sheet of filo.

Bake for 8-10 minutes until golden, turning the tray halfway through for even browning. Transfer to a cooling rack.

To serve: Dust with icing sugar and arrange on a platter with the Turkish delight. Makes about 18 baklava

**To roast nuts – see technique pg 128*

Prop Credits:

Baked Goat's Cheese: Elmside table – Republic Home; plate – Epicure Trading; chair and pine door in background – Bashford Antiques; glass – Cranfields.

Braised Pork Shoulder: Tony Sly bowl – Cranfields; glass – Sabato; fork – Antiques of Epsom; terracotta plate – The Souq.

Orange and Semolina Syrup Cake: plate – Bashford Antiques; fork – Antiques of Epsom.

Lemongrass and Seafood Soup: screen in background – Trees Company; chair – La Cigale; Denby white pasta bowl and Cutipol Moon table spoon – The Studio of Tableware; Relics bottle vase – Nest.

Chicken and Zucchini: Denby white salad plate and Cutipol Moon knife and fork – The Studio of Tableware; condiment dishes – Milly's.

Ginger Beer Poached Pears: Denby white side plate from 16pce set – The Studio of Tableware; spoon from Bond mirror cutlery – Nest.

Chicken Liver Pâté: throw – Republic Home; knife – Milly's; small bowls and bottle – The Souq; glass – Sabato.

Braised Scotch Fillet: platter and small bowl – The Souq; carving fork and cutlery – Antiques of Epsom; plates and jug – Epicure Trading.

Hazelnut, Chocolate and Date Baklava: tray – Bashford Antiques; glasses – The Souq.

See 'Where to Buy' pg 129. All other props stylist's own.

and to drink...

Wine writer Yvonne Lorkin suggests wine matches for these dishes

Menu Two

Lemongrass and Seafood Soup

Fresh seafood like this really needs an ultra-crisp, herbaceous yet textural Sauvignon Blanc and the **Mt Beautiful Cheviot Hills Sauvignon Blanc 2009 ($22)** from the new Cheviot Hills wine region in North Canterbury is ideal. Lemon verbena, lime and herbaceous flavours along with a spritzy, textural finish make it a superb sip with this soup.

To order online or for stockists visit mtbeautiful.co.nz

Chicken with Zucchini, Basil and Pine Nuts

A luscious but light Chardonnay is the perfect partner for tarragon-infused chicken and the **Sileni Cellar Selection Chardonnay 2009 ($19)** is clean, zesty and loaded with nectarine and grapefruit character, with excellent length of flavour.

To order visit online at sileniestates.co.nz

Ginger Beer Poached Pears

Pinot Gris has a natural pear-like perfume, but the **Cottage Block Cut Cane Late Harvest Pinot Gris 2008 ($32)** is a sticky, unctuous dessert version that adds honeyed quince, toffee and ginger notes, which work beautifully with this pudding.

For stockists email info@corbans.co.nz or phone 0800 736 611

Menu Three

Chicken Liver Pâté

The spice and herbal notes in the pâté and relish lend themselves beautifully to a Central Otago Pinot Noir and **Valli Vineyards Bannockburn Pinot Noir 2008 ($55)** is perfect. Mulberry, cherry, strawberry and warm cinnamon and cocoa flavours burst from the glass and linger long on the finish.

To order or for stockists visit online at valliwine.com or phone 03 442 6778

Braised Scotch Fillet with Marsala and Red Wine Sauce

Hands down one of the best red wines I've tried all year, the **Te Awa Gimblett Gravels Cabernet Merlot 2007 ($30)** also pairs sensationally with this hearty, rib-sticking meal. The wine is big, meaty and loaded with peppery spices, dark chocolate and rich prune-like flavours and finishes with solid tannins.

To order visit online at redwhitecellar.co.nz or phone 0800 946 3792

Hazelnut, Chocolate and Date Baklava

This **Clearview Estate Sea Red ($30)** is sort of a half port/half dessert wine but oozes charm and lusciousness and is an absolute winner with the roasted nuts and spicy dark chocolate in the baklava.

For stockists visit online at clearviewestate.co.nz

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Recipes and food styling by Claire Aldous
Photography by Aaron McLean

Clams with Chinese Sausage and Spring Onions
[see recipe following page]

fast and furious

Six stir-fries packed with flavour

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Stir-frying is easy if you follow a few simple rules:

- Chop, slice and measure everything before you start cooking
- The different ingredients should all be about the same size and should be small enough to cook rapidly
- Use a vessel that will heat up and cool down fast, such as a raw steel wok. A wok is perfect as the sloping sides and ample width also allow for fast evaporation
- Have the wok very hot before adding anything
- Don't overcrowd it as this will cause the temperature to fall and the food you are cooking will stew rather than fry

Tricks for wok cooking:

- A large wok is the most useful
- Choose the right wok for your hob and fuel type i.e. traditional round-bottomed woks work well on gas hobs, but will require a ring for an electric hob. Alternatively, choose a flat-bottomed wok for electric elements
- Season a traditional mild steel wok before use and only ever wash with water and a soft brush. Other woks, such as non-stick or cast iron, will have specific instructions for use and care

Clams with Chinese Sausage and Spring Onions

60 baby clams
1 tablespoon vegetable oil
3 lap cheong Chinese sausages, thinly sliced
2 cloves garlic, crushed
1 tablespoon julienne fresh ginger
½ cup Chinese Shaoxing cooking wine
1 tablespoon soy sauce
1 cup chicken stock
2 spring onions, thinly sliced
½ cup chopped coriander or flat-leaf parsley

Soak the clams in cold water for 20 minutes. If they release a lot of sand, soak them again. Drain well.

Heat the oil in a wok until very hot. Add the lap cheong sausage, garlic and ginger and stir fry for 1 minute. Add the Shaoxing wine and soy sauce and let bubble up. Add the stock and clams and toss. Cover and steam until the clams have opened. Using a slotted spoon, transfer the clams to serving bowls. Put the wok back over a high heat, stir in the spring onions and coriander and cook for 1 minute. Pour over the clams and serve immediately. Serves 4

Good fishmongers generally sell two sizes of clams. I have used the baby clams which are the size of small walnuts. Reduce the number if using the larger size clams and allow about 10 per person.

Julienne – see technique pg 128

Pantry note

Lap Cheong: a hard, cured pork sausage with a spicy/sweet flavour that must be cooked before eating. They generally come in packets of twelve. Once opened, freeze the sausages free-flow and take out and thaw as needed.

Shaoxing rice wine: derived from glutinous rice, China's most famous rice wine has a soft rich flavour and is enjoyed like a fine sherry, although wine specified for cooking (as used here) is rather harsh in comparison. The flavour enriches braised dishes and marinades. Available from Asian food stores.

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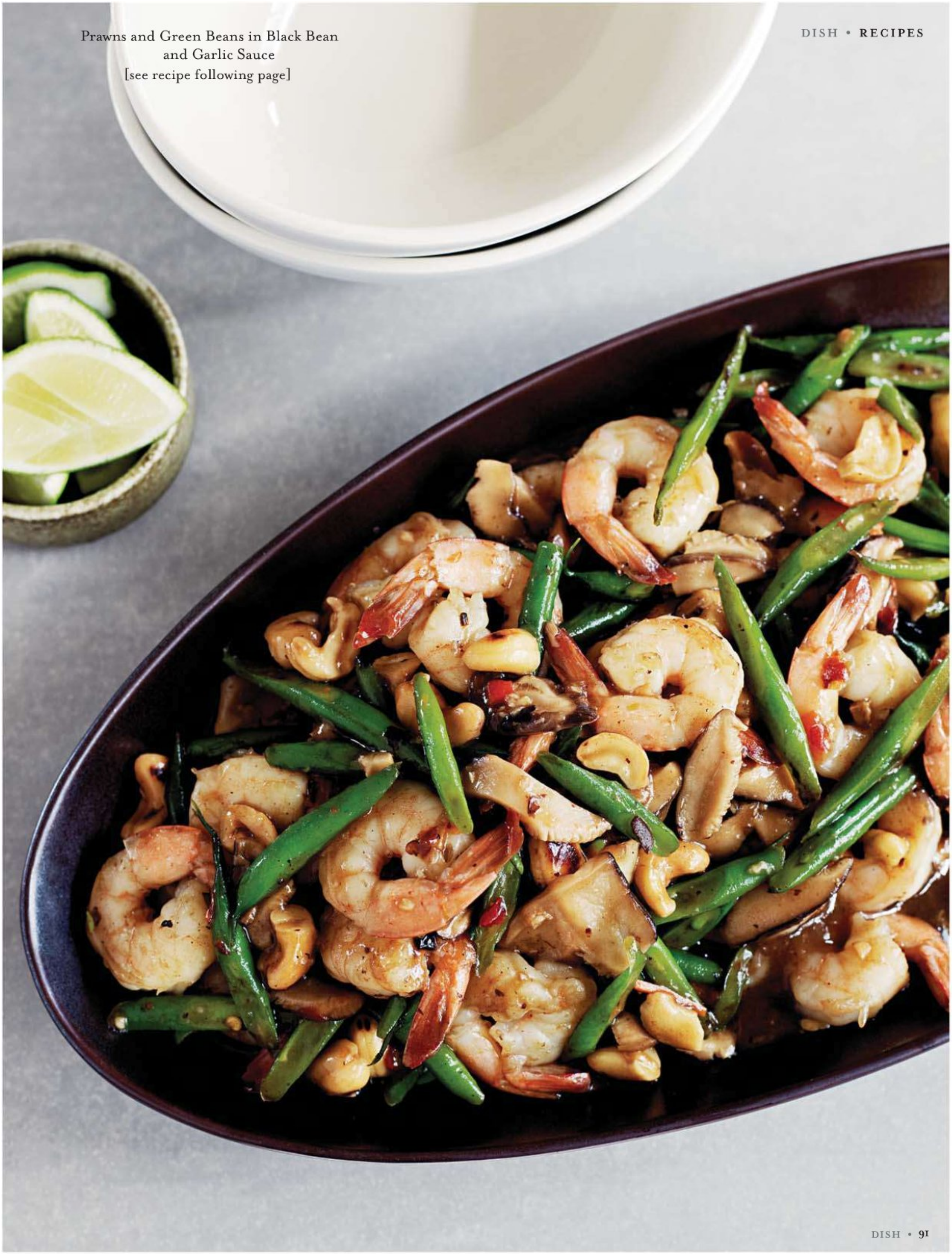

Prawns and Green Beans in Black Bean and Garlic Sauce

[see recipe following page]

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Prawns and Green Beans in Black Bean and Garlic Sauce

300 grams raw, peeled prawns
6 dried shiitake mushrooms
1 cup boiling water

Sauce
1 tablespoon cornflour
2 tablespoons Chinese Shaoxing cooking wine*
2 tablespoons black bean and garlic sauce
3 tablespoons sweet chilli sauce

To cook
1 tablespoon sesame oil
2 cloves garlic, crushed
pinch of chilli flakes
250 grams round green beans, thinly sliced on the diagonal
½ cup roughly chopped roasted cashew nuts
1 tablespoon sesame seeds
2 tablespoons lime juice

Soak the mushrooms in boiling water for 15 minutes. Drain, reserving the soaking water and thinly slice.

Sauce: Combine the cornflour and Shaoxing wine in a bowl to make a smooth paste. Add the reserved mushroom soaking water, the black bean and sweet chilli sauces. Set aside.

To cook: Heat the sesame oil in a hot wok and stir fry the garlic, chilli flakes, green beans, cashew nuts and the mushrooms until the beans are bright green. *To avoid the garlic catching, add a splash of Shaoxing or water if necessary.*

Add the prawns and cook for 2-3 minutes. Add the sauce and stir fry until the prawns are just cooked, the sauce has thickened slightly and the cornflour has been cooked out. Add the sesame seeds and lime juice and serve immediately. Serves 4

**Chinese Shaoxing cooking wine – see Pantry Note pg 90.*

Quick Lamb and Kumara Curry

The key to using lamb leg steaks in a quick cooking recipe such as this is to remove all the fat and sinew and slice the meat very thinly across the grain. Any large pieces of meat will be tough and chewy. It is also essential to keep the temperature high during cooking or the meat will release its juices and start to stew.

800 grams boneless lamb leg steaks
vegetable oil
2 medium vine tomatoes, roughly chopped
1 onion, thinly sliced
2 cloves garlic, crushed
500 grams kumara, peeled and diced
1 teaspoon each ground turmeric, garam masala and cumin
1 cup coconut cream
1 cup chicken stock
sea salt and freshly ground pepper

To serve
2 handfuls baby spinach
thick, plain yoghurt
mango chutney
pappadums
hot, cooked basmati rice or warm Indian flat-breads

Trim the lamb of all fat and sinew and slice very thinly across the grain. Season with sea salt and freshly ground pepper.

Heat 1 tablespoon of oil in a wok until hot. Add the lamb in 2-3 batches and cook for 2 minutes, removing with a slotted spoon to a dish as it cooks. *Add a little more oil to the wok between batches.*

Add the tomatoes, onion, garlic, kumara and all the spices. Cook for 5 minutes, adding a splash of water if necessary, then stir in the coconut cream and stock. Partially cover and cook until the kumara is tender.

Stir in the spinach, turning to wilt. Add the lamb with any meat resting juices back to the wok and combine. Spoon into serving bowls and serve with yoghurt, chutney, pappadums and rice. Serves 4-6

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Quick Lamb and Kumara Curry

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Greek Chicken with Oregano and Feta

Chicken
600 grams boneless, skinless chicken thighs
3 tablespoons olive oil
1 tablespoon dried oregano (Greek or Sicilian if possible)
2 cloves garlic, crushed
1 teaspoon ground cumin

To cook
2 tablespoons olive oil
1 red capsicum, thinly sliced
1 red onion, thinly sliced
1 x 400 gram tin cooked chickpeas, drained and rinsed
12 cherry tomatoes
¼ cup currants
½ cup sliced stuffed green olives
sea salt and freshly ground pepper

To serve
100 grams firm feta, crumbled
2 tablespoons chopped mint or flat-leaf parsley

Chicken: Trim any fat and sinew from the chicken and slice it thinly across the grain. Combine the remaining ingredients in a bowl, add the chicken and toss well. Cover and refrigerate until ready to cook.

To cook: Heat the olive oil in a wok until hot. Season the chicken and stir fry in batches until fully cooked. Remove with a slotted spoon to a bowl and cover to keep warm.

Add a little more oil to the wok if needed, add the capsicum and red onion, season and cook until just tender.

Add the chickpeas, cherry tomatoes and the currants, season and cook for 3-4 minutes. Add the chicken with any meat resting juices and the olives to the wok and cook for 1-2 minutes.

To serve: Transfer the chicken to a serving platter and scatter over the feta and herbs.

Serve with crusty bread. Serves 4

Mu Shu Pork in Chinese Pancakes

With thanks to Connie Clarkson for her Chinese pancake recipe.

Chinese pancakes
100 grams tapioca flour
100 grams plain flour
½ teaspoon sea salt
4 eggs
1½ cups water
1 teaspoon sesame oil

Pork
400 grams pork fillet
1 tablespoon each soy and oyster sauce
1 tablespoon Chinese Shaoxing cooking wine
1 tablespoon cornflour

To cook
peanut or vegetable oil
2 cloves garlic, crushed
1 tablespoon julienne fresh ginger
1 large carrot, peeled and julienne
100 grams fresh shiitake mushrooms, thinly sliced
3 cups finely shredded cabbage
2 cups bean sprouts
2 tablespoons each oyster and soy sauce
2 tablespoons Chinese Shaoxing cooking wine

To serve
Chinese pancakes, tortillas or flat-breads, warmed
hoisin and Chinese plum sauce

Pancakes: Place all the ingredients in a food processor and blend until smooth. Tip into a jug, cover and leave for 30 minutes. Heat a 22 cm non-stick sauté pan and brush lightly with a little vegetable oil. Add ⅓ cup of batter and swirl to evenly coat the base of the pan. Cook for about 1 minute until just touched with colour, turn and cook for another 30 seconds. *The pancakes should be pale.* Tip onto a plate and cover with a clean tea towel. Repeat with the remaining batter until you have 10-12 pancakes.

Pork: Cut the pork fillet into ½ cm thick slices. Stack the slices and cut into thin strips. Combine the remaining ingredients in a bowl, add the pork and toss to coat well. *This can be done 1 day ahead*. Cover and refrigerate until ready to cook.

To cook: Heat 2 tablespoons of oil in a wok until hot. Cook the pork in 2-3 batches, stir frying for 1-2 minutes until just cooked. Remove from the wok with a slotted spoon and set aside. Add a little more oil and cook the garlic and ginger for a few seconds. Add the carrot, mushrooms, cabbage and bean sprouts and toss until the cabbage is just wilted. Stir in the oyster and soy sauces, the Shaoxing wine and the pork with any meat resting juices and toss well to combine. Cook for 1-2 minutes until the pork is hot and the ingredients are well combined.

To serve: Spread the pancakes with hoisin or plum sauce and top with a spoonful of mu shu pork. Fold in the sides and roll up tightly. Serves 4-6

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Greek Chicken with Oregano and Feta

More at ebook-free-download.net or magazinesdownload.com

Indian Spiced Potatoes and Carrots

500 grams waxy potatoes, scrubbed
500 grams carrots, peeled
1 teaspoon ground turmeric

To cook
3 tablespoons vegetable oil
1 onion, thinly sliced
2 cloves garlic, crushed
1 teaspoon each whole cumin and black mustard seeds
1 teaspoon ground coriander
½ teaspoon each ground cinnamon and turmeric
1 tablespoon honey
½ cup water
sea salt and freshly ground pepper

To serve
½ cup slivered almonds, roasted
2 tablespoons chopped mint
2 teaspoons orange flower water, optional
plain yoghurt

Cut the potatoes and carrots into medium-sized chunks. Add to a pan of boiling, salted water with the turmeric and cook until both are just tender. Drain well and set aside. *The potatoes will be bright yellow.*

To cook: Heat the oil in a wok until hot and cook the onion for 2 minutes. Add the garlic, all the spices and honey and fry for 1 minute. *To avoid the spice mixture catching and burning, add a splash of water if necessary.* Stir in the water and bring to the boil. Add the potatoes and carrots, season and turn to coat in the spice mixture. Cook for 5 minutes until the vegetables are tender. Fold in the almonds and mint and sprinkle with the orange flower water if using.

To serve: Transfer the vegetables to a serving bowl and serve with yoghurt. Serves 4-6

and to drink...

Wine writer Yvonne Lorkin suggests wine matches for these dishes

Clams with Chinese Sausage and Spring Onions

One sip of this Spanish stunner, **Marqués D'Alella Pansa Blanca 2008 Alella D.O ($19),** and you'll be hooked. Delicate apple and riverstone aromas are followed by clean lemon, quince and yellow plum flavours, making it a winner with the clams. Pansa Blanca is the star grape of the Alella region, about 15 km north of Barcelona.

Imported by Scenic Cellars – visit online at sceniccellars.co.nz or phone 07 378 5704

Prawns and Green Beans in Black Bean and Garlic Sauce

The gentle spices, sweet plummy fruit flavours and warming, earthy notes in **The Crossings Marlborough Pinot Noir 2008 ($26)** work beautifully here with the shiitake mushrooms, black bean sauce and sesame flavours of this dish.

For stockists visit online at thecrossings.co.nz or phone 03 575 7230

Quick Lamb and Kumara Curry

Forget the 'red meat/red wine' rule here because the sweetness of the kumara combined with creamy coconut milk and curry deserves something crisp, fragrant and fabulous like **Waimea Bolitho SV Pinot Gris 2009 ($25)** from sunny Nelson. Poached pear, vanilla and quince flavours marry beautifully with this dish – more please!

For stockists visit online at waimeaestates.co.nz or phone 0800 846 824

Mu Shu Pork in Chinese Pancakes

If your mu shu needs mojo, the **Greystone Waipara Pinot Gris 2009 ($28)** is the business. Aromas of Eskimo lollies (yes really), canned pears and custard transform into juicy, lush and tantalisingly tart tropical flavours in the mouth. Finishing with a touch of sweetness makes these Asian flavours sing.

Distributed by Red+White Cellar – visit online at redwhitecellar.co.nz or greystonewines.co.nz for info

Greek Chicken with Oregano and Feta

The **Martinborough Vineyard Rosé 2009 ($20, 500ml)** works a treat with the olives, tomato, herbs and spices in this moreish chicken dish. Attractive aromas of creaming soda, candyfloss and red cherries lead the way to tangy, vibrant, fruity flavours and a long, textural finish.

For stockists visit online at martinborough-vineyard.co.nz or phone 06 306 9955

Prop Credits:

Clams with Chinese Sausage: background tile – Heritage Tiles; antique enamel spoon – Romantique.
Clams in bowl: bamboo bowl – Freedom; small dish – Japanese Lifestyle store.
Prawns and Green Beans: platter and stack of bowls – Freedom; small bowl – Japanese Lifestyle store.
Mu-shu Pork: bamboo leaf platter – Nest; bowls in background – Japanese Lifestyle store;
Greek Chicken: platter in background and cushion cover used as cloth – Republic Home; platter and jug – Cranfields.
Indian Spiced Potatoes: all props – The Third Eye.
Quick Lamb and Kumara Curry: background carved panel – Republic Home; spoon – Acland Holdings.
See 'Where to Buy' pg 129. All other props stylist's own.

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Recipes and food styling by Claire Aldous
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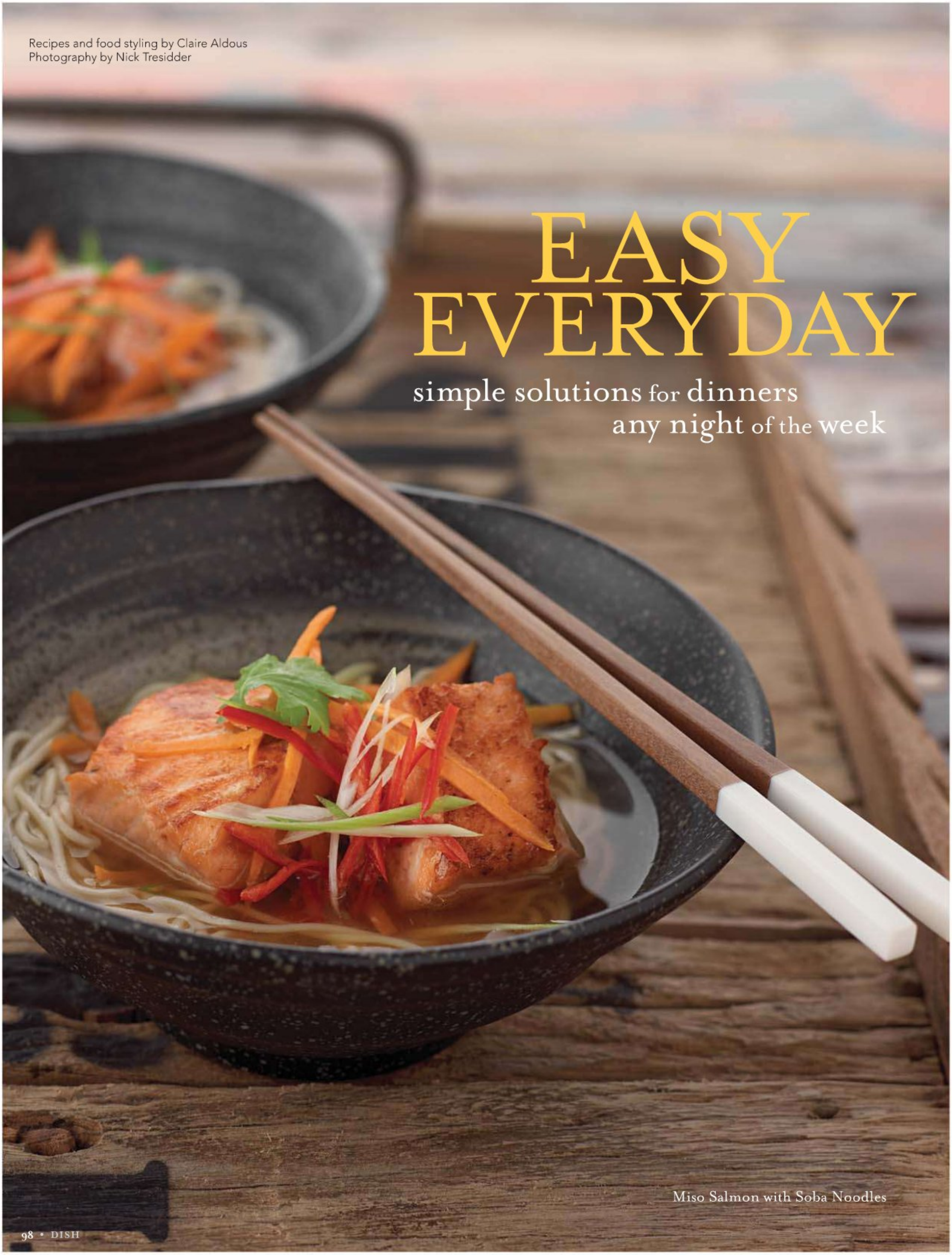

Miso Salmon with Soba Noodles

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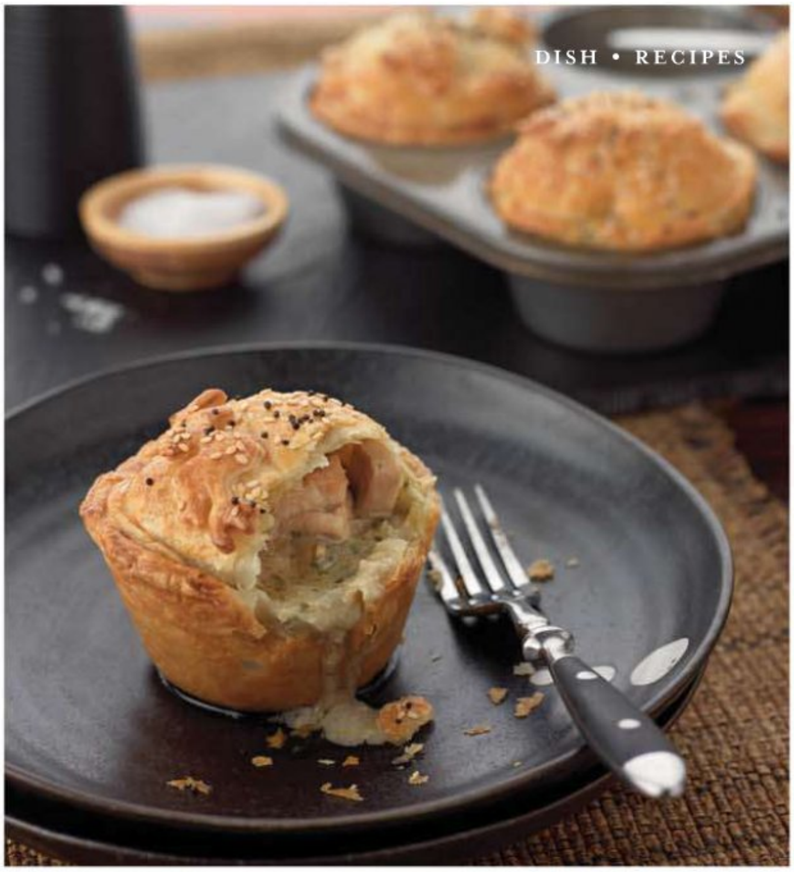

Miso Salmon with Soba Noodles

Salmon
350 gram fillet of salmon, skin off
2 tablespoons white miso paste*
2 teaspoons brown sugar
2 teaspoons each sesame oil and soy sauce
1 tablespoon vegetable oil

Noodles
100 grams soba noodles
1 tablespoon vegetable oil
1 leek, white and pale green part only, finely sliced
1 clove garlic, crushed
1 tablespoon soy sauce
1 tablespoon dashi powder
4 cups water

Salad
1 carrot, julienne
2 spring onions, thinly sliced
½ long red chilli, seeded, thinly sliced
small handful coriander leaves

Salmon: Remove the pin bones from the salmon using tweezers and cut into 5 cm pieces. Combine the miso, sugar, sesame oil and soy sauce in a dish, add the salmon and turn to coat well. Leave for 30 minutes or cover and refrigerate until ready to cook.

Noodles: Cook the soba noodles in boiling salted water until tender. Drain well.

Heat the oil in a saucepan and cook the leek and garlic with a pinch of salt until tender. Add the soy sauce, dashi powder and water and bring to the boil. Simmer for 5 minutes to allow the flavours to infuse.

Salmon: Heat the oil in a non-stick sauté pan over a medium-low heat and sauté the salmon until golden and cooked to your liking. *The marinade will burn quickly if the heat is too high.*

To serve: Combine the carrot, spring onions, chilli and coriander. Place the noodles in individual bowls and pour over the hot broth. Top with the salmon and a small stack of the salad. Serves 4

Pantry Note

Miso: a thick paste made most commonly from fermenting soy beans, salt and a fungus called 'koji-kin'. The different shades denote aging and saltiness (the darker ones have been aged longer and are therefore saltier). Miso is available from Japanese food stores, health food stores and good supermarkets. Keep leftover miso paste in a sealed container in the freezer. It doesn't freeze into a solid block, which makes it easy to take out the required amount.

Thai Chicken Pies

6 boneless, skinless chicken thighs, about 750 grams
1 tablespoon olive oil
small knob butter
1 large onion, finely chopped
2 cloves garlic, crushed
3 tablespoons Thai green curry paste
1 tablespoon grated fresh ginger
finely grated zest and juice 1 lime
2 tablespoons cornflour
2 tablespoons water
1 x 400 ml tin coconut cream
¼ cup chopped coriander
6 sheets pre-rolled puff pastry, thawed but chilled

To assemble
1 egg, lightly beaten
black or white sesame seeds

Lightly grease a 6 hole, 1 cup capacity muffin tray.

Trim any excess fat from the chicken thighs and cut each one into large, bite-sized pieces.

Heat the olive oil and butter in a sauté pan and cook the onion and garlic with a good pinch of salt until the onion is tender. Add the curry paste, ginger, lime zest and juice and cook for 2 minutes. Add the chicken and cook for 5 minutes until lightly golden. Combine the cornflour and water to make a smooth paste and stir into the chicken along with the coconut cream. Season and simmer for 15-20 minutes until the chicken is cooked. Stir in the coriander and set aside to cool. *Spread the mixture out on a large flat tray and place in the fridge for a quicker cooling time.*

Preheat the oven to 200°C.

To cook: Line the tins with pastry, bringing it above the edge so the lid can stick to it. Cut out 6 lids to fit. Divide the cold filling between the pies. Brush one side of the lids with the beaten egg and place, egg washed side down, over the filling and crimp the edges with a fork to seal. Egg wash the top and sprinkle with sesame seeds.

Bake for 25-30 minutes until the pastry is puffed and crisp and a good golden colour. Leave in the tins for 5 minutes before removing. Serve with a green salad. Makes 6

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Roasted Carrot and Parsnip Soup

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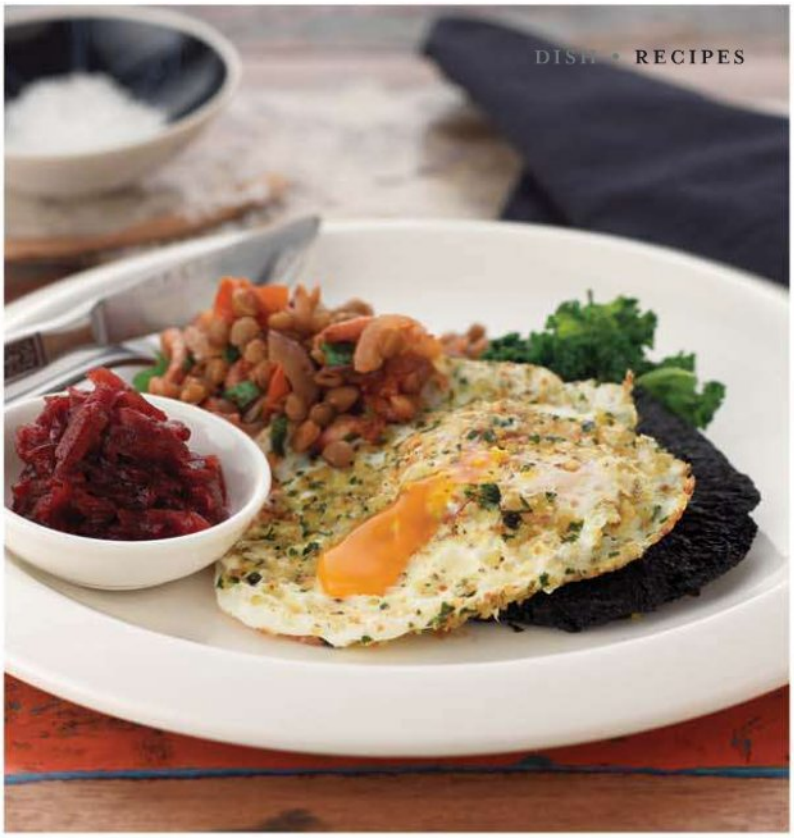

Roasted Carrot and Parsnip Soup

When root vegetables are roasted, the natural sugars caramelize and the parsnips, in particular, develop a lovely nutty flavour.

Roasted vegetables

- 600 grams carrots
- 600 grams parsnips
- 1 onion, sliced
- 2 large vine tomatoes, roughly chopped
- 4 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 teaspoon each ground cumin, coriander, ginger and turmeric

To finish

- 4 cups chicken or vegetable stock
- sea salt and freshly ground pepper
- juice of ½ a lemon
- ¼ cup chopped flat-leaf parsley
- 3 tablespoons cream

Preheat the oven to 180˚C.

Vegetables: Peel the parsnips and carrots and cut into 1-2 cm pieces. Combine with the other ingredients in a large bowl and mix well. Season generously.

Transfer to a large, lined baking tray and roast for 40 minutes or until very tender, turning occasionally.

To finish: Put half the vegetables and 2 cups of the stock in a food processor and process until smooth.

Tip into a saucepan and add the remaining stock and vegetables. Season and bring to the boil. Simmer for 10 minutes, adding extra water or stock if the soup is too thick.

To serve: Stir in the lemon juice and parsley, taste and season if required . Ladle into warm soup bowls and drizzle with cream. Serves 6-8

Suggested accompaniments:

Cheesy French toast: sandwich slices of Gruyère cheese between thinly sliced sourdough bread. Soak in a mixture of beaten egg and a little milk seasoned with sea salt and pepper. Fry in butter or oil until golden on both sides.

Grilled bread spread with ricotta, feta or goat's cheese.

Parsnip chips: cook wafer thin slices of parsnip in hot oil until crisp. Drain on kitchen towels and sprinkle with sea salt.

Crispy Eggs with Bacon and Lentils

It's important to use fresh, free-range eggs for this recipe. They should have thick, viscous whites that stay firmly around the yolks when added to the pan.

Crumbs

- 1½ cups fresh white sourdough or ciabatta breadcrumbs
- ½ cup roughly chopped flat-leaf parsley
- 2 cloves garlic
- finely grated zest 1 lemon
- 3 tablespoons olive oil

Lentils

- 1 tablespoon olive oil
- 150 grams bacon, thinly sliced
- 1 small red onion, thinly sliced
- 1 clove garlic, crushed
- ½ teaspoon each ground cumin and coriander
- 2 medium vine tomatoes, roughly chopped
- 1 x 400 gram tin cooked lentils, drained and rinsed
- 1 tablespoon lemon juice or red wine vinegar

To cook

- 1-2 free-range eggs per person

Crumbs: Put all the ingredients in a food processor and process until well combined and evenly damp.

Lentils: Heat the olive oil in a sauté pan and cook the bacon, onion, garlic and spices until the bacon is golden and the onion is tender. Add the tomatoes and cook for 5 minutes. Fold in the lentils and cook until heated through, taking care not to mash the lentils. Season and stir in the lemon juice. Transfer to a bowl, cover and keep warm.

To cook: Heat a sauté pan and cook the breadcrumbs until lightly golden, tossing them to cook evenly. Remove half the crumbs to a bowl and set aside. Spread the crumbs in the sauté pan into a thin, even layer. Break the eggs over the crumbs and season. Cook over a low heat until the whites are set and the yolks are still soft. *If the pan is too hot the crumbs will burn before the eggs are cooked.* Sprinkle with the reserved crumbs and gently turn the eggs over. Cook for 30 seconds to retain soft yolks.

To serve: Divide the lentils between plates and top with the eggs, yolk side up. Serve with any of the following suggestions. Serves 4

Accompaniments: *• roasted Portobello mushrooms • wilted greens such as spinach, silver beet, curly kale • rocket or watercress with shaved Parmesan • beetroot relish*

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Baked Beef Kofta with Paneer

Kofta

500 grams beef mince

½ cup fresh breadcrumbs

1 tablespoon dried oregano (Sicilian* if possible)

¼ cup chopped flat-leaf parsley

½ small red onion, grated

½ teaspoon each ground allspice, cumin and cinnamon

2 cloves garlic, crushed

1 egg, lightly beaten

sea salt and freshly ground pepper

Tomato sauce

1 onion, finely chopped

1 small carrot, grated

2 cloves garlic, crushed

¼ teaspoon chilli flakes

2 x 400 grams tins crushed Italian tomatoes

To cook

2 tablespoons olive oil

200 grams paneer (see opposite) or firm feta cheese

coriander

Spinach and yoghurt raita

1 bag baby spinach

½ small red onion, thinly sliced

¾ cup thick, plain yoghurt

1 clove garlic, crushed

small handful mint, chopped

sea salt and freshly ground pepper

Raita: Put the spinach in a bowl and cover with boiling water. Turn to wilt then drain and refresh. Place in a clean tea towel and wring out excess water. Pull the spinach apart and chop roughly.

Soak the onion in cold water for 10 minutes. Drain well. Combine the yoghurt, garlic and mint in a bowl and season. Place half the yoghurt in a shallow dish and top with half the spinach and onions. Repeat to make another layer and grind over a little black pepper.

Kofta: Combine all the ingredients except the beef in a large bowl. Add the beef, season generously, and mix until well combined. *Hands are good for this.* Roll the mixture into walnut-sized balls.

Heat the olive oil in a large sauté pan and quickly brown the kofta on all sides. *They will still be raw in the centre.*

Transfer to a plate and set aside. *Don't wash the sauté pan.*

Tomato sauce: Add the onion, carrot, garlic and chilli flakes to the reserved sauté pan, season and cook until the onion is tender. *Add a splash of water if the pan is too dry.* Tip in the tomatoes and simmer gently for ten minutes. Add the kofta and any meat resting juices back to the pan and turn to coat in the sauce. Cut the paneer or feta into cubes and dot between the kofta. Cover and simmer for 10 minutes or until the kofta are cooked through.

To serve: Scatter with coriander and serve with the spinach and yoghurt raita. Serves 6

Black Bean Burgers

This is a great alternative to a traditional meat pattie in a bun. Serve this version as an open burger and stack with your favourite toppings. The mixture is quite soft so take care when flipping the patties. To make it gluten-free, use gluten-free breadcrumbs to bind the mixture.

2 tins cooked black beans

finely grated zest 1 lemon

2 eggs

1 teaspoon whole cumin seeds, toasted

¾ cup fresh breadcrumbs

1 teaspoon mild or medium curry powder

2 cloves garlic, crushed

¼ cup finely chopped coriander or flat-leaf parsley

sea salt and freshly ground pepper

olive oil for cooking

To serve

sour cream and relish plus any of the following: tomatoes, avocado, spinach or rocket leaves, slow-roasted tomatoes, slices of feta, roasted peppers, zucchini or eggplant, soft goat's cheese, pesto.

Drain and rinse the beans. Place one tin of beans in a large bowl and the second tin in a food processor with the zest and eggs. Process the beans until smooth then tip into the bowl with the whole beans. Add the remaining ingredients and combine gently but thoroughly with a fork. Season and refrigerate for 30 minutes for the mixture to firm up a little. *It will still be quite soft but this gives the burgers a light, rather than a heavy, dense texture.*

Form the mixture into 8 x 8 cm burgers. Heat a good splash of olive oil in a non-stick sauté pan over a medium heat and cook the burgers until lightly golden on both sides. *Cook in batches if necessary.*

Drain on kitchen towels.

To serve: Place two burgers on each plate and top with sour cream and any of the suggested accompaniments. Serve with the cauliflower and rocket salad if desired. Serves 4

Pantry note

Sicilian oregano: In Sicily oregano is left to flower and then to dry naturally on the hillsides under the heat of the sun. It has an intensity of flavour rarely found in other types of dried oregano. It is available in its whole form from gourmet food stores.

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Pantry Note

Paneer: the Indian version of cottage cheese. Made in large blocks, it is quite different to the soft curd cottage cheese that we buy at the supermarket. It is cut into cubes or slices for cooking and readily absorbs the flavours of the other ingredients used in the dish. It is available from Indian and Asian food stores, good supermarkets and specialty food stores.

Baked Beef Kofta with Paneer

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Pork Fillet with Apples and Shallot Sauce
[see recipe following page]

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Sautéed Cauliflower and Rocket Salad

1 small head of cauliflower
3 tablespoons olive oil
¼ cup water
1 teaspoon caraway or cumin seeds
2 cloves garlic, crushed
sea salt and freshly ground pepper

Dressing
1 tablespoon lemon juice
1 clove garlic, crushed
1 tablespoon wholegrain mustard
1 tablespoon capers
3 tablespoons olive oil

To assemble
2 spring onions, thinly sliced
2 handfuls rocket
¼ cup toasted pumpkin seeds

Remove the leaves and most of the thick stalk from the cauliflower. Break into whole florets then cut into smaller 2-3 cm florets. *If you just slice through the cauliflower it will fall apart during cooking.*

Heat the olive oil in a large sauté pan until very hot. Add the cauliflower and keeping the heat high, cook until there are patches of colour on all sides. Add the water, caraway seeds and garlic and turn quickly to combine. *The water will bubble up furiously.* Season, cover the pan and cook for a few minutes, turning occasionally until the cauliflower is crisp and tender. *It's important not to over-cook the cauliflower as it will continue to cook as it cools.* Scrape into a large bowl and cool.

Dressing: Combine the ingredients in a bowl and season.

To assemble: Toss the cauliflower, spring onions, rocket and half the pumpkin seeds with the dressing and transfer to a serving plate. Scatter with the remaining pumpkin seeds. Serves 6

Rice Pilaf

1½ cups basmati rice
2 tablespoons olive oil
1 onion, thinly sliced
½ teaspoon sea salt
1 clove garlic, crushed
½ teaspoon ground turmeric
2 teaspoons black mustard seeds
1 cinnamon stick
3 cups chicken or vegetable stock or water

Wash the basmati rice under cold running water and drain well.

Heat the olive oil in a medium saucepan and stir in all the remaining ingredients except the rice and stock.

Cover and cook until the onion is tender, adding a splash of water if necessary. Add the rice and stock and bring to the boil. Stir to release any rice stuck on the bottom, cover tightly and simmer very gently for 20 minutes without lifting the lid. *A simmer mat is ideal for cooking rice.*

Remove from the heat and leave covered for 5 minutes.

To serve: Fluff up the rice with a fork and transfer to a serving bowl.

Serves 6

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Self-Saucing Banana Butterscotch Pudding

- 1¼ cups self-raising flour
- ⅓ cup packed brown sugar
- pinch of salt
- finely grated zest 1 orange
- ½ teaspoon ground cardamom or cinnamon
- ⅓ cup raisins
- 1 very ripe banana, mashed
- 3 tablespoons melted butter
- 1 egg
- 1 cup milk

Topping

- 1 cup boiling water
- 2 tablespoons melted butter
- ½ cup brown sugar

To assemble

- 1 banana

Preheat the oven to 180°C. Slice the banana thinly and place in the base of a 6 cup-capacity baking dish.

Combine the flour, brown sugar, salt, orange zest, cardamom and raisins in a bowl, breaking up any clumps of raisins.

Stir the mashed banana, butter, egg and milk together in a bowl and using a large metal spoon, fold into the flour.

Pour the batter over the sliced banana.

Topping: Put the boiling water, butter and brown sugar in a jug and stir to dissolve the sugar. Gently, pour the topping over the pudding. *If you pour it over the back of a spoon, the topping will evenly distribute without damaging the top of the batter.*

Bake for 40 minutes until the pudding is firm to the touch and is pulling away from the sides of the dish. *The top will have cracks in it.*

To serve: Dust the pudding with icing sugar and serve with ice cream or softly whipped cream. Serves 6-8

You can substitute ½ a cup of chopped dates for the raisins

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Pork Fillet with Apples and Shallot Sauce

Pork
- 650 grams pork fillet, trimmed of silver-skin
- 2 cloves garlic, crushed
- 1 tablespoon Dijon mustard
- sea salt and freshly ground pepper

Sauce
- 2 apples, (I used Braeburn)
- small knob of butter
- 2 shallots, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon finely chopped rosemary
- ¼ teaspoon ground allspice
- 1 cup chicken stock
- ½ cup apple juice
- 2 tablespoons cream or crème fraîche
- 2 tablespoons chopped flat-leaf parsley

Preheat the oven to 200°C.

Tuck the thin ends of the pork fillets underneath and tie with kitchen string for even cooking. Combine the remaining ingredients and spread over the pork.

Heat a sauté pan with a little olive oil and quickly sear the pork on all sides. *Take care not to let the pan catch and burn.* Transfer the pork to a baking tray (do not wash the sauté pan) and roast for 10-12 minutes, turning the pork halfway through. *Cooking time will depend on the thickness of the fillets.* Transfer the pork to a plate, cover loosely and rest for 10 minutes.

Sauce: Peel, core and slice each apple into 8 wedges. Add the butter to the reserved sauté pan and cook the apples until lightly golden, about 3 minutes. *Don't let them get too soft.* Add the shallots, garlic, rosemary and allspice and cook for 3 minutes. Add the stock and apple juice and bring to the boil. Simmer for 10 minutes or until reduced and syrupy. Add the cream and simmer for 2 minutes. Season and stir in the flat-leaf parsley.

To serve: Slice the pork thinly and arrange on plates with the apples. Spoon over the sauce and serve with the sautéed cauliflower and rocket salad and the pilaf on page 105. Serves 4

Prop Credits:

Miso Salmon: Tsunami Coffee table used in background throughout and tray – Republic Home; bowls – Japanese Lifestyle Store; chopsticks – Trees Company.

Thai Chicken Pies: fabric used as tablerunner – AB Fabrics; plates – Japanese Lifestyle store; pepper mill & salt dish – Milly's.

Roasted Carrot and Parsnip Soup: wooden bowls and black napkins – Living & Giving; pepper mill and salt dish – Milly's.

Black Bean Burgers: plates and napkin – Nest; Ego glass – Design Denmark; bowls in background – Acland Holdings.

Pork Fillet: fabric used as tablerunner – AB Fabrics; plates – Republic Home; bottle in background – Acland Holdings.

Crispy Eggs: Jamie Oliver plate – Living & Giving; black bowl by Sue Dasler and wooden spoon by Tom Muir – The Poi Room; napkin – Living & Giving.

Baked Beef Kofta: baker – Epicure Trading; spoon – Acland Holdings; Patricia Humphries bowl – The Poi Room.

Rice Pilaf: plates – Japanese Lifestyle store.

Sautéed Cauliflower and Rocket Salad: Pencil Bowl by Amanda Shanley – The Poi Room; napkins – Living & Giving.

Self-Saucing Banana Butterscotch Pudding: baker – Milly's; spoon – Acland Holdings; Rock pool bowls – Nest; Karin bowl – Tessuti.

See 'Where to Buy' pg 129.
All other props stylist's own.

and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes

Miso Salmon with Soba Noodles

Tangelo, poached pear, quince, lime and all sorts of juicy, tangy stuff in the **Moana Park Vineyard Selection Pinot Gris 2009 ($19)** cuts through the richness of the salmon beautifully. Fresh and vibrant, it's a good gris indeed.

Visit online at moanapark.co.nz or phone 06 844 8269

Thai Chicken Pies

The Darling Marlborough Gewurztraminer 2009 ($25) offers delicious rose, white peach, lychee and musky spices on the nose; a zingy, citrus element in the mouth and a long, spicy finish to complement the spicy chicken.

To order visit online at savvywines.co.nz

Roasted Carrot and Parsnip Soup

The **Corte Federico Pinot Grigio 2008 ($17)** is bone dry and minerally on the nose, beneath which sit some subtle quince and pear notes that carry through in the mouth. The dry, soft fruitiness of this Sicilian wine complements, rather than clouds, this gorgeous carrot and parsnip soup.

Epicurean Wines – 09 638 5000

Crispy Eggs with Bacon and Lentils

Eggs are one of wine's challenges when it comes to getting the right match, but I think I've cracked it (if you'll excuse the pun). **Antonio Barbadillo Castillo de San Diego 2008 ($17)** is a crisp, light quince-driven Spanish white, which really works with the savoury tomato, lemon, herbs and red onion in the dish.

Casa Aragon – 09 522 8055

Black Bean Burgers

Made by arguably one of New Zealand's syrah masters, Warren Gibson, **Bilancia Hawke's Bay Syrah Viognier 2008 ($32)** has classic cracked pepper, damson plum, cocoa and dried herb aromas and a rich, gamey, earthy intensity on the palate. It's a great match for any black bean dish.

For stockists visit online at bilancia.co.nz or phone Vintners on 09 621 0210

Baked Beef Kofta with Paneer

Whether it's of Turkish or Indian persuasion, sometimes you just need a fruity, slightly sweet red that'll do the business with your Kofta. **Te Mata Woodthorpe Gamay Noir 2009 ($20)** has red berry and dark cherry aromas with lifted florals and juicy plum notes that pair perfectly with this spicy beef classic.

To order visit online at temata.co.nz or for stockists phone 0800 TEMATA

Pork Fillet with Apples and Shallot Sauce

The intriguing blend of Sauvignon, Chardonnay and Viognier in **Alpha Domus the Aviatrix 2009 ($23)** works sensationally well with this fragrant pork and apple dish because of the wine's jasmine and citrus blossom aromas and nutty, toasty complexity in the mouth. It really lifts the apple and herb character in the pork to another level.

To order visit online at alphadomus.co.nz or for stockists phone Negociants on 09 531 5222

Self-Saucing Banana Butterscotch Pudding

It may sound strange, but a nip or two of classic **Galliano** is hard to beat with the oozing sweetness of this butterscotch banana dessert and adds spicy warmth to what's already decadently delicious.

Beam Global – 09 915 8444

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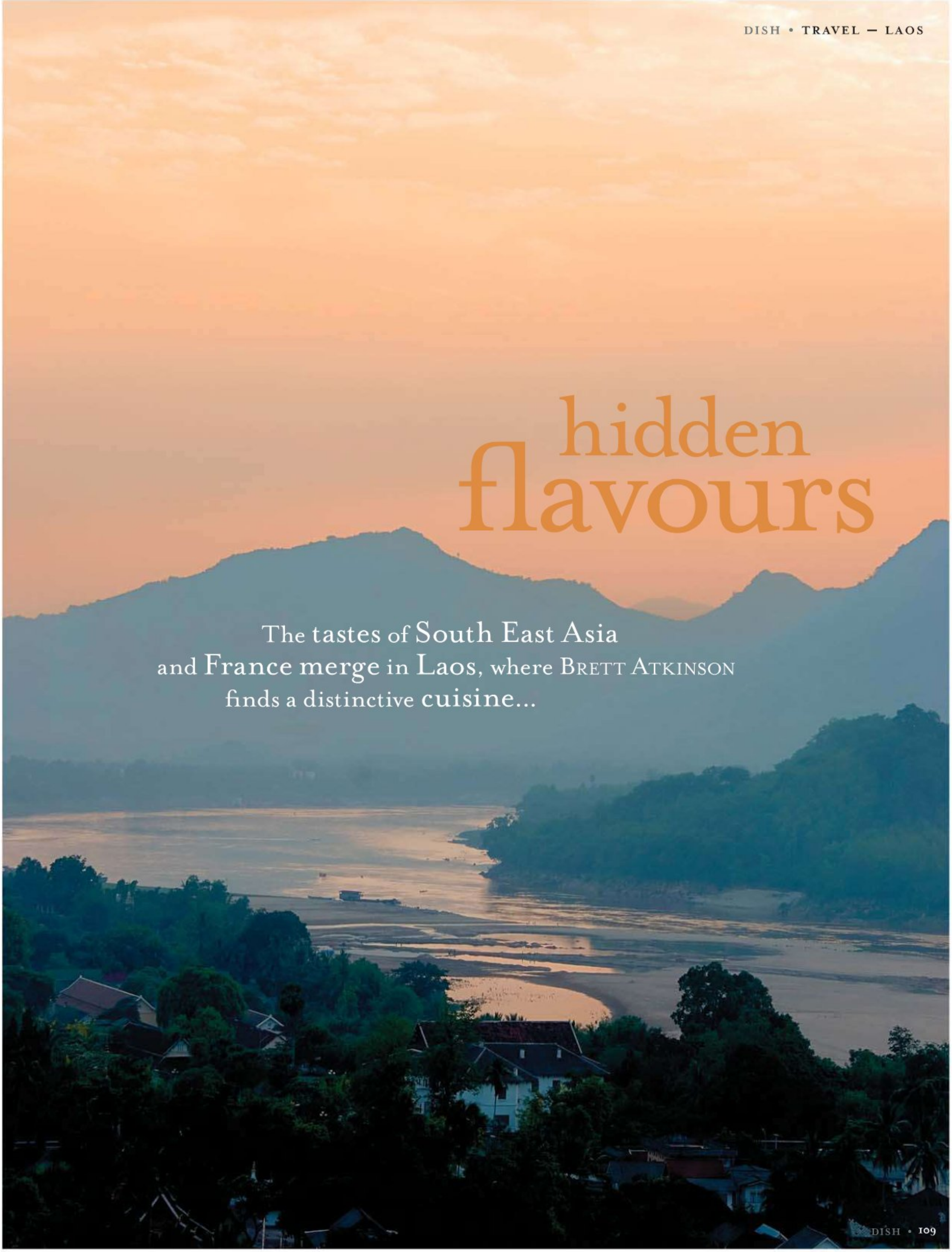

hidden flavours

The tastes of South East Asia and France merge in Laos, where BRETT ATKINSON finds a distinctive cuisine...

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Clockwise from top left: Buddhist monks collect their morning donations of sticky rice; packets of dried river weed for sale; rice cakes drying outside; tasting plate at Tamarind Café.

Photography by Brett and Carol Atkinson: Additional photography by Shutterstock and iStockphoto.

Sitting by the Mekong River

in landlocked Laos, I've discovered one of the world's great snacking combinations: ice-cold Beer Lao, 'jaew bawng' (a jam of chilli mixed with dried buffalo skin) and subtly salty 'khai phen', dried river weed fried in seasoned oil and topped with sesame seeds.

The moreish 'jaew bawng' and the nori-like 'khai phen' are both specialties of Luang Prabang, the country's former royal capital. While neighbouring Thailand and Vietnam hurry to embrace an energetic modernity, the laidback folk of Laos seem content to drift through life as languidly as the slow-moving Mekong. Even the travellers' hub of Luang Prabang is a gently simple collection of villages or 'bans' bordered by twin rivers, topped by Mt Phousi's hilltop temple, and punctuated by gilded Buddhist 'wats' (temples) and French colonial architecture in varying states of repair.

Rush hour occurs twice a day. At dawn, hundreds of saffron-robed monks receive alms along leafy Rue Sakarine, filling their shiny tiffin boxes with morning donations of sticky rice. At dusk, Luang Prabang's night market showcases surprisingly sophisticated local crafts, and the food combines the country's French colonial heritage with an Asian twist. Robust coffee from the southern Bolaven Plateau is best paired with crunchy baguettes crammed with shredded pork, wild boar pâté, julienne carrots, a hearty splash of chilli and 'paa dek', Luang Prabang's pungent fish sauce, made from fermented river fish. A shimmering cloud of smoke parts to reveal a sizzling hotplate crammed with slender merguez-like sausages, and plump pork 'sai gok' snarlers. They wouldn't look out of place in a provincial French market, but these are flavoured with subtle herbs such as lemongrass and studded with unctuous dollops of pork fat.

Luang Prabang's distinct local cuisine comes to life the following morning at the town's fresh produce market. I'm led carefully through the sleepy commercial labyrinth by Australian Caroline Gaylard, formerly a guide with adventure travel company Intrepid, and now living for eight years in Luang Prabang with her Lao husband Joy. Together they run the Tamarind restaurant and cookery school, and Caroline's passion for Lao food is evident as we drift through mountains of shiny eggplants, and forests of fresh herbs including mint, coriander, and surprisingly dill, a local oddity introduced by a Dutch merchant in the 17th century.

While the food of neighbouring Thailand and Vietnam has become famous around the world, Laos' smaller population and landlocked geographic location have kept its cuisine more of a secret. Lao dishes like 'laap' (warm salad with fresh herbs) and 'tam maak hung' (green papaya salad) have travelled across the Mekong to emerge on Thai menus as 'larb' and 'som tam', but so much of what's on offer at the market is distinctly Lao. Piled high are glossy sheets of 'khai phen', my new favourite bar snack. Apparently the dried river weed is one of the most nutritious foods in the world per weight, and was reputedly eaten by Soviet cosmonauts in a display of Socialist solidarity with Laos in the 1970s.

Most of the country's 12 varieties of sticky rice are on display and local shoppers run their hands gently through the silky grains to assess quality. A traditional lack of refrigeration has produced several ways to preserve buffalo meat, and more protein is available with glistening Mekong fish, river crustaceans, and the occasional bin of dried insects. Slightly squeamish travellers will be reassured by plump chickens and ducks,

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Clockwise from top left:
varieties of rice await shoppers at Luang Prabang market; spices for sale; market stallholders; the Mekong River borders Laos; chicken-stuffed lemongrass.

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Clockwise from top left: tasting platter on the Mekong River cruise; fish for sale at Luang Prabang market; French colonial architecture; Joy Ngeuamboupha ready for a cooking class at Tamarind Café.

most likely being lined up for a spicy herb-laden dish of 'laap'.

Caroline and Joy's aim at Tamarind is to promote a greater understanding of Laos by serving the country's unique cuisine. A brilliant shortcut to gaining this understanding is Tamarind's tasting menu served on their breezy verandah. Highlights are platters teaming 'khai phen' and 'jaew bawng' chilli jam with jerky-like dried buffalo meat, Luang Prabang sausages, and a duo of smoky, creamy dips. The eggplant dip is redolent of Middle Eastern baba ganoush and the chilli-tinged tomato version whispers 'salsa' in a Mexican accent.

With Thailand so near I'm expecting lots of chilli heat, but the flavours are – authentically so – subtle and discreet. As the former royal capital before the Pathet Lao Socialist revolution in 1975, Luang Prabang cuisine is more refined than in the rural hinterland, and follow-up dishes of 'mok pa' (fish steamed in banana leaves), and 'oua si khai' (chicken-stuffed lemongrass stems), are delicate and fragrant with dill, kaffir lime, coriander and holy basil.

Lao food also incorporates a French accent, and several Luang Prabang restaurants promote 'la vie coloniale'. Quite probably the region's best crème brûlée and a world-famous-in-Laos chocolate fondant are on offer at the L'Elephant restaurant, a heritage confection of softly spinning ceiling fans, Edith Piaf and Serge Gainsbourg in the background, and the occasional alternative soundtrack of locals playing petanque along the road. Break up your 'wat'-watching with a perfectly buttery pain aux raisins at Le Banneton Boulangerie, or admire the vintage Citroën at Les 3 Nagas, over a pastis.

In the hills above Luang Prabang, La Résidence Phou Vao has transformed a French colonial mansion into luxury accommodation. When chef Nicolas Reynard isn't coordinating French and Lao cookery classes on La Résidence's gracious poolside terrace, he's busy keeping alive the town's tradition of combining Gallic and Asian flavours. After just three months he's already turned his attention to hand-crafted sausages and started making exquisite goat's cheese from the local milk. Amidst a culinary tradition as rich and undiscovered as Luang Prabang's, he's probably just beginning.

Stay

La Résidence Phou Vao – freephone (from New Zealand) on 00800 8392 3500 or visit online at orient-express.com

Eat

Tamarind Restaurant – cooking classes are held in a lakeside pavilion around 30 minutes from Luang Prabang and include a market tour. Booking four days ahead is recommended. By prior arrangement, dégustation-style 'Adventurous Lao Gourmet' menus can also be booked. Visit online at tamarindlaos.com

L'Elephant
– visit online at elephant-restau.com

Les 3 Nagas
– visit online at alilahotels.com/3nagas

Le Banneton Boulangerie
– 3/46 Rue Sakarine

Brett Atkinson was assisted in his travels by La Résidence Phou Vao.

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Escape to Noosa on the Sunshine Coast

Just a 90 minutes cruise up the highway from Brisbane Airport, the sophisticated beachside village of Noosa is one of the Sunshine Coast's best known holiday destinations.

There's a magic about the place. Maybe it's best captured the first time you swim out past the frothy breakers of Laguna Bay and feast your eyes on the National Park headland, the glistening crescent of sand called Main Beach and the stylish accommodation, restaurants and shops that await your attention on Hastings Street.

Or perhaps it's embodied in your first bite of freshly caught seafood or the first heavenly moments of that long overdue massage.

Noosa is stylish and sophisticated, yet casual and relaxed.

Hastings Street at Noosa Heads, Sunshine Beach or Noosaville are the perfect bases from which to explore Noosa's pristine natural beauty and Hastings Street is complemented by exquisite shopping and eating venues. Cute cafes and superb eating venues are dotted all over the Sunshine Coast.

Surfing, swimming, National Park hiking, art galleries, upmarket clothes and homeware shopping, and some of the best food you've ever tasted are all in store.

Must Do's include Hastings Street of course, Thomas Street at Noosaville and Gympie Terrace overlooking the Noosa River. Noosa Junction offers many fine food experiences, as do the nearby hinterland areas of Yandina and Eumundi. Maleny and Monteville (in the Sunshine Coast Hinterland) offer a superb alternative to coastal dining.

With 477 hectares of native forest, heathland and high cliffs opening out onto spectacular panoramic seascapes Noosa National Park offers picturesque walking trails, unspoilt flora and fauna and a string of small bays and coves on the northern coast.

Noosa Food & Wine Festival

The Noosa Food & Wine Festival has been recognised by The Australian Travel + Tourism Awards as one of the best food experiences in Australia. Held late April each year the weekend long event includes an influential line-up of leading chefs, iconic winemakers, leading food and wine media, restaurateurs and serious foodies who converge to taste, talk, debate, dine and indulge… Noosa style!

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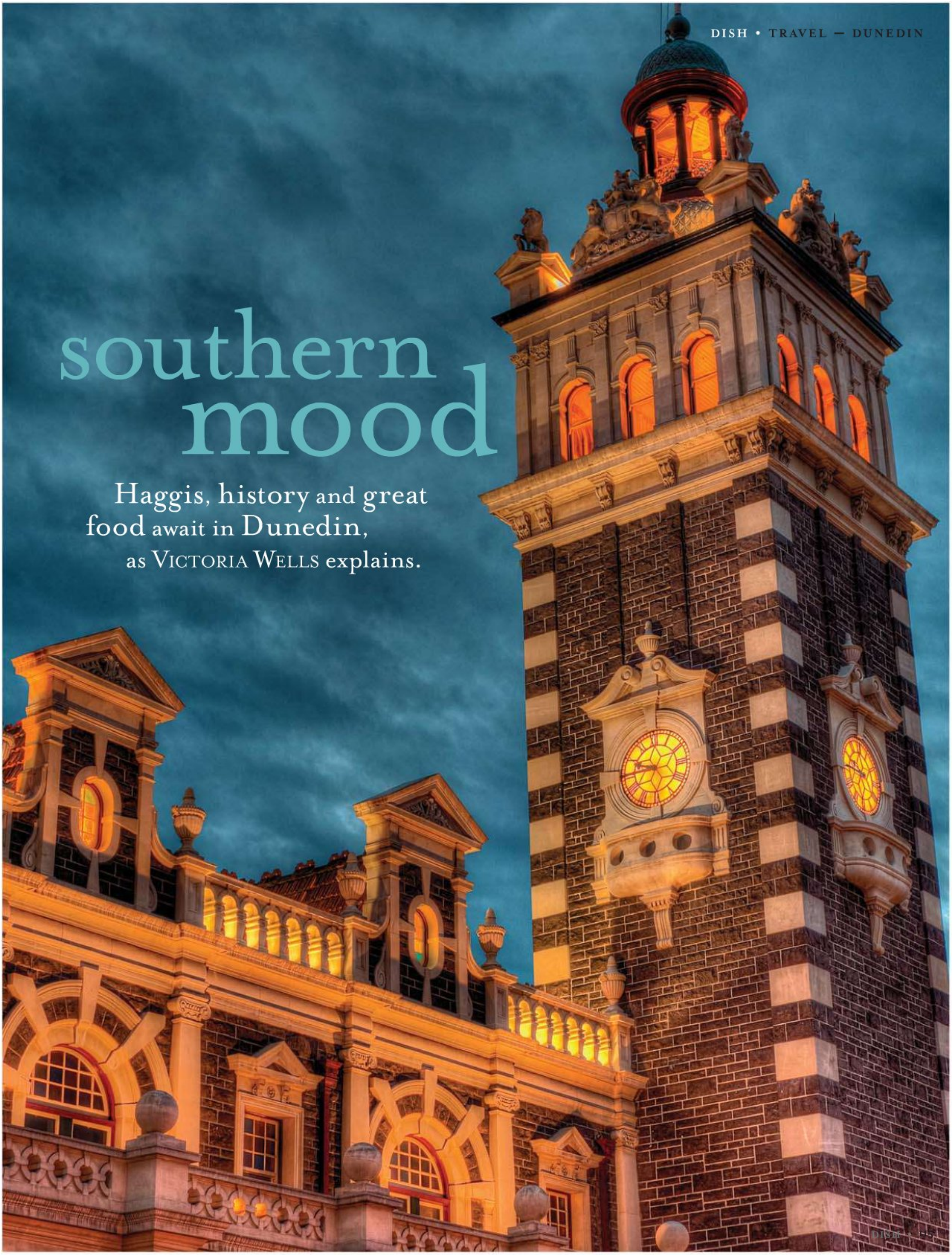
southern mood

Haggis, history and great food await in Dunedin, as VICTORIA WELLS explains.



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Photography by Graham Warman
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Otago Farmers' Market

Duncan Northover of Strictly Coffee

You know that one hit wonder "Never Been to Me"? It sums up my travels in the South Island. Somehow I've been to Bluff, Invercargill, Gore and Riverton, and spent time cruising the fjords of Doutbful Sound. I've been to Cromwell, Oamaru and Queenstown, but in all that time flitting about the bottom of the South Island, I'd never been to Dunedin.

Upon collecting me from the airport my genial host, Hamish Saxton, the CEO of Tourism Dunedin, was suitably horrified when I revealed this fact. I think he was perhaps more horrified by the fact the city had turned on a rather chilly, rainy day after (I was assured by everyone) days of the most beautiful sunshine.

I rather liked the stormy weather though, it seemed to suit the city and its somewhat brooding feel, enhanced by the beautiful Victorian and Edwardian architecture. Dunedin's well-documented settling by Scots in the late 19th century has left a legacy of magnificent stone edifices such as Otago Boys High School and Otago University, and historic houses with intricate fretwork laced across their fronts.

One of Dunedin's most famous buildings, its Railway Station, plays host to what is possibly the city's most famous food event – the weekly **Otago Farmers' Market**. It was one of New Zealand's first when it started in 2003 and is now a must-see if in Dunedin on a Saturday morning.

It is held in the carpark next to the station and throngs with locals intent on buying supplies for the week. It is a great mix of fresh produce, specialty items (there was a tiny table where a woman was selling little boxes of manuka cold-smoked eggs), and gourmet producers like Havoc Pork and Evansdale Cheese.

If you want to get even more out of your market experience I'd recommend signing up to a Zest Food Tour. This Wellington-based company specializes in food tours and has recently moved into the Dunedin market. Our guide, Betty, greeted us with a fresh apricot each to eat as we wandered the stalls. There were tomatoes from Kakanui; another offered huge long, thin marrows and ball zucchinis; and there was the end of the stonefruit with nectarines divided into Fantasia and Firebright varieties, while a bin of Genevieve apricots proudly displayed a sign declaring them to be 'the best apricot grown'.

Even if you aren't shopping for ingredients, grab a coffee and enjoy some great food. We camped outside a stall selling delicious little Chinese dumplings with a hot chilli dipping sauce – a perfect antidote to the early start and brisk morning.

Our rounds of the market done and purchases tucked safely away our tour continued with a five minute walk to **Harbour Fish**, where brothers Aaron and Damon Cooper run their local fresh seafood business (see story in issue #14 of Dish). There was a tasting plate ready when we arrived and we sampled eel, blue cod, snapper and mackerel. The shop offers a wide range of fresh fish, and also provides cooking demonstration with local chefs.

Then to **Albar**, which was originally called Central Bar until the first five letters of the sign fell off, or so the story goes. Before that it was a butchers and the white tiled walls still remain, along with grainy black and white photos of the Botting brothers who ran the butchery. So, it's Dunedin, it's a Saturday morning – obviously we were there to drink whisky and eat haggis.

Albar owner, Steve Collins, hails from

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The Friday Shop

No. 7 Balmac

Scotland but has been in Dunedin nearly five years. He has an impressive line-up of whiskies behind the bar and we tried the 12 year old Pride of Strathspey with oatcakes and a little haggis. It's a popular hangout for locals – Albar is home to a weekly knitting circle, and Steve offers whisky tastings too. There's no Speights but, he has Emersons on tap instead.

If whisky is a little strong for your tastes then coffee lovers have several great options. One of my favourites was **Strictly Coffee** on Bath Street where Duncan Northover roasts six days a week using beans from Kenya, Colombia, Guatemala, East Timor, Papua New Guinea and Brazil. Their house blend is hugely popular, and he credits help from coffee pioneer Craig Miller of Miller's Coffee, who has worked with them and mentored their roasting. There are five other blends too, which they supply to a range of South Island cafés. Strictly Coffee has a great retro vibe, and is housed in a former stamp and printmaking building, which was built around 130 years ago. There is a small menu with sandwiches, and slices baked on site and of course the ubiquitous cheese roll, ("We sell hundreds of them," says Duncan) so grab a coffee and a cosy corner inside, or if the sun's out head to the little adjoining courtyard of native plants, which also features a graffiti art wall.

For another caffeine hit try **Mazagran Espresso Bar** on Moray Place. This tiny space fills quickly, but is a great spot to enjoy a coffee made with freshly roasted Fairtrade beans and if you can nab a window seat it's perfect for refuelling.

If in Dunedin on a Friday make sure you get up early and head to Roslyn (about 3 minutes drive from the central city) where you'll find **The Friday Shop**, run by classically-trained chef Jim Byars. The crowds inside when we arrive are testament to its success. Jim bakes and cooks during the week and then opens his shop around 7am on a Friday to sell a wide range of soups, mains and desserts: fillet of beef en croute; confit of duck; sticky, shiny almond croissants; tarts piled with fresh raspberries; strings of sausages; quiches; pain au chocolat…the range is impressive and nearly gone by the time we arrive just after 9am.

Another institution in Dunedin is the **Gourmet Ice Cream Co**. owned by husband and wife team Mark and Rae Scorgie. (See story issue #16 of Dish) Their factory and shop is down by the harbour and is open weekdays, otherwise you'll find them at the Farmers' Market on Saturdays. When I visited they were putting the finishing touches on their latest product, a premium range of frozen pavlova roulades now available in supermarkets and specialty food stores around the country. Their ice cream range is innovative to say the least and I tried Pinot Noir (made with syrup from Pinot Noir grapes as opposed to the wine itself, it has an almost malty, savoury note with a hint of sweetness); Chocolate & Chilli; and Rhubarb & Custard, a deliciously creamy blend of custard and tart rhubarb pieces. There is also gelato, sorbet and frozen yoghurt. Through a viewing window in the shop you can see the ice cream being made and buy across their range of ice creams, gelato, sorbets, frozen yoghurts and roulades.

There are some excellent options for eating out in Dunedin and the newest entrant to the dining scene is **Pier 24** at St Clair

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Clockwise from top left: Executive Chef Michael Coughlin; St Clair Beach Resort; The kitchen garden at No. 7 Balmac; The Strictly Coffee Company.

Beach Resort, which is headed by award-winning chef Michael Coughlin. Michael is due to close his famed restaurant Bell Pepper Blues at the end of September and will take over as Executive Chef at Pier 24 with his hand-picked team including his sous chef of nearly seven years, Rachel Bond. Michael says the food at Pier 24 will naturally reflect what he was doing at Bell Pepper Blues. "It's 28 years of cooking and my perception and instinct that goes into the food, so there's always going to be that element." Pier 24 is part of the new **St Clair Beach Resort** which is right on the St Clair beachfront, and both the restaurant and hotel have spectacular views.

If you're looking for something in the central city then **Two Chefs Bistro** in Stuart St is fantastic. The beautiful dark wood-panelled interior evokes a European bistro feel, with an excitingly different menu featuring dishes like 'Soup of shredded duck, hoisin broth, shiitake mushroom pot stickers and fried shallots', and 'Fresh fish seared in Indian pastry'. It also has an excellent wine list, with craft beers from around the country well represented too.

Up on Maori Hill, **No 7 Balmac** is a cosy refuge from a chilly day. The two-storey restaurant, bar and bistro has its own kitchen garden, and seated by the back window we could see the little greenhouse packed with tomatoes, as well as beds of lettuce, Swiss chard, herbs and fruit trees. Owner Katrina Toovey says the garden supplies much of the kitchen's needs. The menu is focused on fresh flavours and my Wood-Grilled Chicken brushed with Lemon and Thyme, Sauteed Potato and Cold-Pressed Olive Oil was simple and delicious.

Back in town, **Bacchus Wine Bar and Restaurant** is a popular spot for good food with a view – you can watch the comings and goings around the Octagon while enjoying lunch or dinner. The menu has Asian and Mediterranean influences; a risotto of sweetcorn, chorizo topped with truffle oil and Parmesan sits alongside pork belly cooked with Asian spices served on glass noodles with bok choy.

After dinner, those in the know duck off Princes St into an alley that leads to **Pequeno**, a Spanish-inspired lounge bar with a wine list that celebrates the best Central Otago has to offer and staff only too happy to mix to cocktail. Dark yet inviting, it summed Dunedin up perfectly.

Visit:

Albar – 135 Stuart St. Ph: 03 479 2468

Strictly Coffee – 23 Bath St. Ph: 03 479 0017

Mazagran – 36 Moray Pl. Ph: 03 477 9959

The Friday Shop – Highgate Bridge, Roslyn. Ph: 03 474 9222

Gourmet Ice Cream Co. – 10 Birch St. Ph: 03 474 0773

Pier 24 – 24 The Esplanade, St Clair. Ph: 03 466 3610

Two Chefs Bistro – 121 Stuart St. Ph: 477 7293

No 7 Balmac – Balmacewen Rd, Maori Hill. Ph: 03 464 0064

Bacchus – 12 The Octagon. Ph: 03 474 0824

Pequeno – Lower Ground Floor, Savoy Building 50 Princes Street. Ph: 03 477 7830

Zest Food Tours – for inquiries email betty@zestfoodtours.co.nz

Stay:

St Clair Beach Resort – 24 The Esplanade. St Clair. Visit online at stclairbeachresort.com

Victoria Wells visited Dunedin as a guest of Tourism Dunedin.

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Jonny Schwass

you say tomato...

Photography by Dean Mackenzie

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Chef Jonny Schwass threw open his kitchen garden in West Melton to keen punters in celebration of the tomato harvest at the end of March.

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The garden flourishes under the green thumbs of gardeners Logan and Jim, and supplies produce to Jonny's own Restaurant Schwass in Christchurch.

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Guests helped pick tomatoes from among the 15 heirloom and heritage varieties before enjoying lunch and Jonny's special 'Verde Mary' cocktail of tomatoes, watercress and vodka.

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New Vintage from The Ned

The 2008 Vintage Pinot Noir from The Ned has just been released into the New Zealand market. This bright, vibrant Pinot Noir is in total harmony brimming with plums, violet, chocolate and spice. This wine is made truly memorable by displaying silky tannins with layers of ripe berry fruit, a hint of toasty oak and a savoury touch on the finish. Winemaker Liam McElhinney was nominated for Young Wine Maker of the Year in Australaisa with this particular Pinot – capturing the fruit exuberance and purity he believes are signatures of Marlborough. Look out for it in fine wine retailers, key restaurants and leading supermarkets.

Hollands Lemon Honey

For a delicious taste of sweet honey with a lemon tang, try new Hollands Lemon Honey. Why bother squeezing lemons when Hollands already has? Pure honey with natural lemon concentrate is a great winter tonic to sooth sore throats, coughs and colds. Mix 1 to 2 teaspoons in hot water for a revitalizing drink, or spread on toast and sandwiches.

For delicious and easy recipes by Jo Seagar, such as Lemon Honey Teriyaki Salmon Kebabs or Lemon Honey Apricot Truffles, visit www.nzhoney.co.nz

Tatua Sour Cream

Tatua's soft and creamy long life Sour Cream comes in a convenient bright new 200g pack. The squeezable pack makes it ideal for dolloping on baked potatoes, adding to soups and baking, or topping your favourite Mexican dish. Tatua Sour Cream has a smooth, velvety texture with a distinctive tangy taste and doesn't curdle or separate. Keep a pack handy in the fridge for dinner parties – perfect for creating delicious desserts, sauces and dips. For more information and great recipe ideas check out www.tatua.com

Tatua Sour Cream is available in the chillers of selected supermarkets.

Style from Sunbeam

You can boil water in style in the Sunbeam Designer Series Glass Kettle. With an elegant German glass carafe and minimalist design this Kettle performs like all Sunbeam kettles and will grace even the most sophisticated kitchen. Available from leading appliance retailers. RRP $169.99 For more information visit www.sunbeam.co.nz

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New to Scarborough Fair

Scarborough Fair has introduced two new 70% cocoa chocolate blocks to its range. The new products will further benefit cocoa growers in Peru and sugar producers in Paraguay. The new additions are the intense 'decadence' 70% Dark Espresso Chocolate and the velvety 'enigma' 70% Dark Peppermint blocks. The rest of the range includes creamy 'adore' Milk Chocolate, the rich 'sinless' 70% Dark Chocolate and the 'sublime' 70% Dark Fruit & Nut Chocolate. All the products across Scarborough Fair's range are Fairtrade Certified. Scarborough Fair Fairtrade Certified chocolate is available now from selected Woolworths, Foodtown and Countdown stores across New Zealand.

Winter warmer

Monteith's Doppelbock Winter Ale returns for a limited time from 1 June. It uses six malts, which creates a voluptuous, rich and warming beer that pours with a characteristic red hue. The six per cent alcohol brew is moderately hopped with local varieties of the famous German Hallertau hop, typical in Bock-styled beers, to balance its full malty characters. The special ale will be available on tap at Monteith's concept bars nationwide as well as in six-packs for $14.99

Montana's Living Land

Montana has released a special range of wines to celebrate its ongoing efforts to protect the natural environment that gives the wines their special character. The Montana Living Land Series consists of four premium quality wines from the outstanding 2009 vintage – Pinot Noir, Sauvignon Blanc and Chardonnay, all from Marlborough, and a Waipara Pinot Gris. Montana will donate $1.00 to a dedicated fund for every bottle purchased from the range, with proceeds supporting a range of environmental initiatives. The Montana Living Land Series wines are available now from on-premise and leading wine retail outlets. RRP $19.95

Chocolate indulgence

Indulge your tastebuds not your conscience! Caffe L'affare's Hot Chocolate comes in a range of three rich flavours: Original, Dark and Mocha. They're all Fairtrade Certified, Gluten-free and Dairy-free!

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conversions & techniques

Notes for cooks

To ensure successful results in cooking, we recommend you invest in accurate measuring tools – measuring cups and spoons and a measuring jug are essential and electronic scales are particularly useful as they weigh accurately in both imperial and metric.

Always follow one set of measures in a recipe. Do not mix them up.

Dish uses:
Large eggs (No.7)

Level spoons and cup measurements

Liquids are always measured in a jug and dry ingredients in measuring cups.

NB: One tablespoon is 15ml
(the Australian tablespoon is 20ml)

Useful ingredient equivalents

Breadcrumbs
1 cup fresh = 50 grams
1 cup dried = 115 grams

Butter
1 (American) stick = 100 grams
1 cup = 225 grams
2 tablespoons = 30 grams

Cheese
1 cup grated tasty = 115 grams
1 cup Parmesan = 150 grams

Egg Whites
Large (No. 7) egg white = 30 grams

Flour
1 level measuring cup = 150 grams

Gelatine
3 teaspoons granulated/6 leaves (gold grade) will set 500 mls/2cups liquid to a light jelly

1 rounded tablespoon granulated/9 leaves (gold grade) will set 500 mls/2 cups liquid to a firm jelly

Leaf gelatine comes in varying grades. It is wise to check the setting properties of the leaf gelatine you buy before use.

Honey, Golden Syrup
1 cup = 350 grams

Onions
1 x 115 gram onion = 1 cup chopped

Rice
1 cup uncooked rice = 200 grams
1 cup cooked = 165 grams

Sugar
1 cup caster and granulated = 225 grams
1 cup brown sugar = 200 grams
1 cup icing sugar = 125 grams

Spinach
650 grams spinach leaves = ¾ cup purée

Yeast
2 tablespoons fresh (compressed) = 1 tablespoon dried (granulated)

Oven temperatures

225°Fahrenheit = 110°Celsius = cool oven
300°Fahrenheit = 150°Celsius = very low oven
350°Fahrenheit = 180°Celsius = moderate oven
400°Fahrenheit = 200°Celsius = hot oven
450°Fahrenheit = 230°Celsius = very hot oven

Volume

1 level teaspoon = 5 mls
1 level tablespoon = 15 mls
1 oz/fl oz = 28.35 grams/mls
1 pound = 450 grams
1 cup liquid = 250 mls
1 pint = 600 mls
1 litre = 1000 mls

Weight

10 grams = ¼ oz
15 grams = ½ oz
25 grams = 1 oz (actual 28.35 grams)
450 grams = 1 pound
1 kilogram = 2 ¼ pounds

Length

1cm = ½ inch
2.5cm = 1 inch
12cm = 4 ½ inches
20cm = 8 inches
24cm = 9 ½ inches
30cm = 12 inches

Food name equivalents

We all use cookbooks and magazines from around the world. These are some of the more common ingredients which have differing names.

baking paper	parchment paper/ silicone paper
beetroot	beets
cannellini beans	white kidney bean
capsicum	bell pepper/ sweet pepper
celeriac	celery root
coriander	cilantro
cream	heavy cream
eggplant	aubergine
fillet (as in meat)	tenderloin
golden syrup	dark corn syrup
hapuka	groper
icing sugar	confectioners sugar
plain flour	standard/pure flour
prawn	jumbo shrimp
rocket	rocquette/arugula
scallopini	pattypan squash
spring onions	green onions
zucchini	courgettes

Useful techniques

Bake blind: line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C – 200°C oven for up to 20 minutes before removing the paper and weights. The shell should now have taken form. Return to the oven for the time specified in the recipe.

Julienne: this term refers to food, often vegetables, that are sliced into thin matchsticks. This is most easily done using a mandolin but can also be done by hand. First cut into 3mm (⅛-inch) thick slices. Stack the slices and cut into 3mm (⅛-inch) thick strips. Cut into desired length.

Poach: to cook food, completely covered in barely simmering liquid (the surface of the liquid should not break). This liquid can be water, wine, sugar syrup, rendered duck or goose fat or olive oil. Poaching meat or poultry will give moist, succulent results and is especially ideal if the meat is to be served cold. It is particularly important to have a well-flavoured poaching liquid as this method of cooking does not allow any caramelisation to occur. Poaching can take place either in the oven at a very low temperature, as in confit of duck, or on direct heat. A simmer mat is a useful tool to ensure the gentlest heat is maintained.

The poaching liquid can then be used as a base for a flavoursome soup. Stocks can be used over and over again – in fact they get better with use as the flavours are enriched further. Care must be taken though to prevent bacterial growth.

- Always use the stock for the same type of meat e.g. chicken.
- After each use, bring the stock to the boil, skim it and strain it through a fine sieve.
- Store it in a clean container with a well sealed lid.
- Cool completely before refrigerating or freezing.

Foods which can be poached include apples and pears, beef, chicken, dried fruits, duck, eggs, figs, fish, quinces, stone fruits and vegetables such as leeks, carrots and globe artichokes.

Roast nuts: spread the nuts out in a single layer on a shallow baking pan and place in a preheated 180°C oven. Shake the pan every few minutes until the nuts are golden. Watch carefully as the nuts can become too brown very quickly. Remove and tip into another dish to cool.

Sterilise bottles and jars: put jars or bottles and their lids through a hot cycle of the dishwasher. Alternatively, wash in hot soapy water and rinse well. Place them on an oven tray in a cold oven. Turn the heat to 120°C and leave for 30 minutes.

Toast and grind spices: heat a small dry pan over a medium heat. Add the spice and toss until fragrant and just starting to darken in colour. Be very careful not to burn as this will make them bitter. Toast one spice at a time rather than combining, as each spice will take a different time to toast. Tip out onto a plate and cool. Grind in a mortar and pestle or a small coffee grinder, reserved for the purpose.

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Trees Company	09 529 9933

With thanks to IE Produce for supplying fresh produce, Freedom Farms for supplying free-farmed pork and the Aussie Butcher Newmarket for supplying meat for the recipe shoots. IE Produce – 09 488 0211 or ieproduce.co.nz; Freedom Farms – 09 366 0448 or freedomfarms.co.nz and Aussie Butcher – 09 520 4035 or 480 Broadway, Newmarket.

in the next issue of Dish...

Keep the cold at bay with our warming winter dishes – roasts and stews for hearty dinners, soups with winter vegetables, sweet and savoury citrus recipes to brighten dark days, and luscious baking and puddings for chilly nights.

Plus:

- Special section – guide to meats
- Ooby – the new way to buy food?
- a gourmet update from Melbourne

Winter issue on sale July 19

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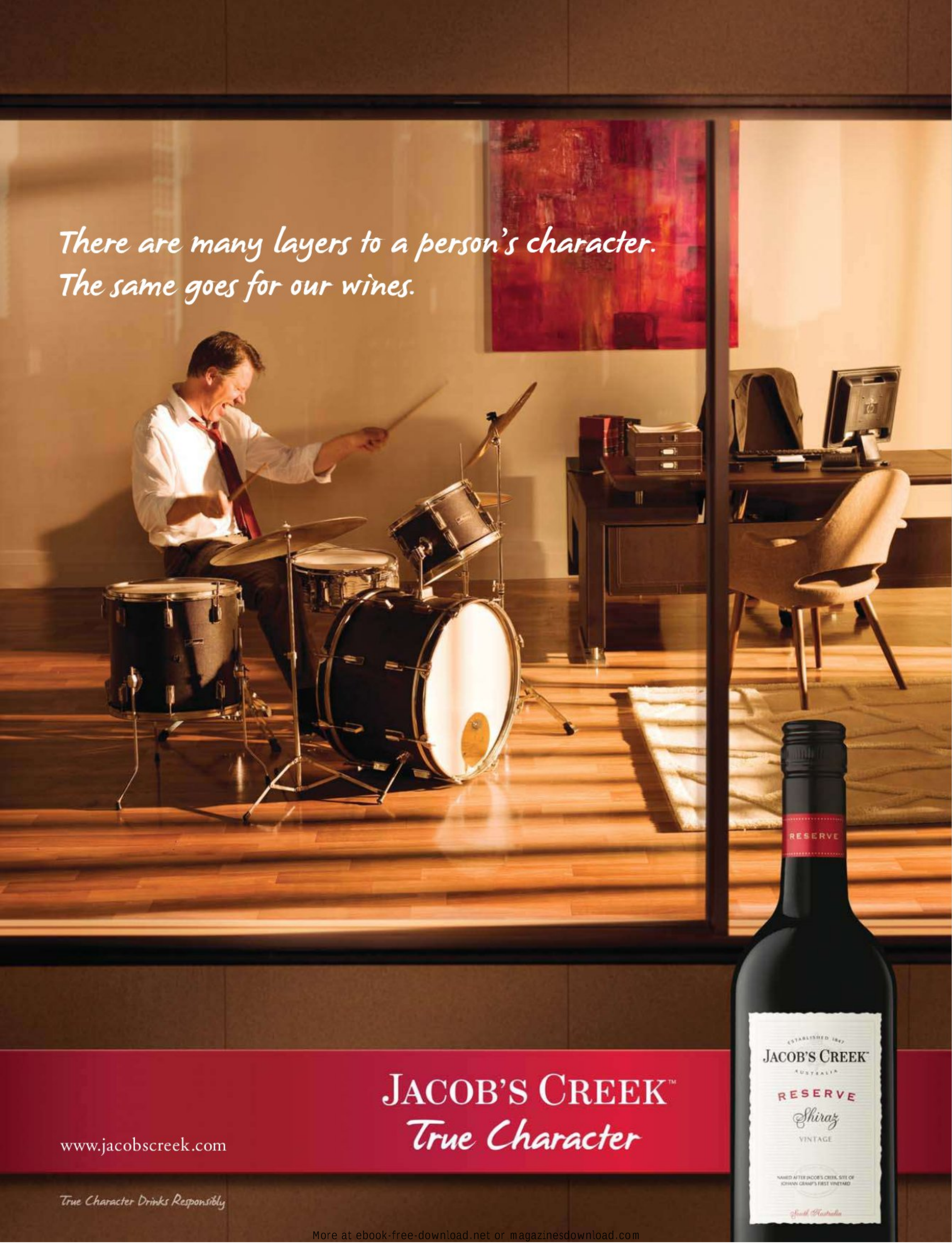

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